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1. Cooking, American



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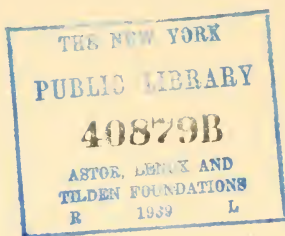
VTI

Martinele

THE
NEW YORK COOK BOOK:
A COMPLETE MANUAL
OF
COOKERY, IN ALL ITS BRANCHES.

BY
MARIE MARTINELO.

NEW YORK:
WORTHINGTON & CO., 747 BROADWAY.
1890.



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CONTENTS.

	PAGE.		PAGE.
A Word to Housekeepers, . . .	13	Brown Gravy, ...	30
ON CARVING, (<i>illustrated.</i>)	14	Beef Soup, ...	31
To Carve a Round of Beef, . . .	"	Chicken Soup, ...	"
" " Riles of Beef, ...	"	Mutton Broth, ...	"
" " a Sirloin of Beef, ...	"	Clam Soup, ...	"
" " Fillet of Veal, ...	"	Egg Dumplings for Soup, ...	"
" " Neck of Veal, ...	"	Mock Turtle, or Calf's-head Soup	32
" " Loin of Veal, ...	"	Oyster Soup, ...	"
" " Breast of Veal, ...	"	New England Chowder, ...	"
" " Shoulder of Veal, ...	"	Clam Soup, ...	"
" " Calf's Head, ...	16	Tomato Soup, ...	33
" " Leg of Mutton, ...	"	Vermicelli Soup, ...	"
" " Shoulder of Mutton, ...	17	Maccaroni Soup, ...	"
" " Loin of Mutton, ...	"	Pea Soup, ...	"
" " Neck of Mutton, ...	"	Soup à la Julienne, ...	"
" " Saddle of Mutton, ...	18	Rice and Meat Soup, ...	34
" " Haunch of Mutton, ...	"	Ox-Tail Soup, ...	"
" " Fore-quarter of Lamb, ...	"	Mulligatawny Soup, ...	"
" " Haunch of Venison, ...	"		
" " Neck of Venison, ...	19	FISH.	
" " Pork, ...	"	General Remarks, ...	35
" " Ham, ...	"	To Boil Salmon and other large Fish,	"
" " Tongue, ...	"	Frying, Boiling, and Stewing Fish,	36
" " Roast Pig, ...	"	Cod, ...	37
" " Rabbits, ...	20	" Baked, ...	"
" " Roast Turkey, ...	"	" Fried, ...	"
" " Boiled Turkey, ...	21	Eels, Stewed, ...	"
" " Roast Fowl, ...	"	" Fried, ...	33
" " Roast Goose, ...	22	" Baked, ...	"
" " Pheasants, ...	23	Flounders, Boiled, ...	"
" " Partridge, ...	"	" Fried, ...	"
" " Grouse, Snipe, and Wood-	"	To Fry Trout and other Fish,	39
" " cock, ...	"	Modes of Cooking Eels, ...	"
" " Pigeons, ...	"	Codfish, Salt and Fresh, ...	"
Food and Cookery, ...	24	Fish-Cakes, ...	"
Diet and Digestion, ...	25	To Broil Shad, ...	"
Directions for Stewing Meat, ...	26	Halibut, Boiled and Fried, ...	"
" " Roasting, ...	"	Mackerel, Baked, ...	40
" " Boiling, ...	27	" Boiled, ...	"
" " Broiling, ...	"	" Broiled, ...	"
" " Frying, ...	"	Salmon, Baked, ...	"
Valuable Hints, ...	"	" "	41
Weights and Measures, ...	28	" Boiled, ...	"
		" Roasted, ...	"
SOUPS.		Smelts to Fry, ...	"
General Remarks and Rules, ...	29	Striped and Sea Bass, ...	42
Beef or Mutton Soup, ...	"	Blackfish, ...	"
Mutton Broth for the Sick, ...	30	How to Choose Mackerel, ...	"
		Oysters, ...	"
		To Fry Oysters, ...	"

	PAGE.		PAGE.
Oyster Patties, ...	42	Hashed Venison, ...	54
Pickled Oysters, ...	"	Venison Pastry, ...	55
Fried Oysters, ...	43	Rabbits, ...	"
Stewed Oysters, ...	"	To Fricassee Rabbits, ...	"
Pickled "	"		
Roasted "	44	POULTRY, GAME, ETC.	
Broiled "	"	General Rules and Remarks on	
Oyster Pie, ...	"	Poultry, ...	56
Soup, ...	"	Roasted Chickens, ...	"
To Fry Soft Clams, ...	"	Boiled Chickens, ...	"
Lobsters and Crabs, ...	45	Curried Chickens, ...	"
To Dress Lobster Cold, ...	"	Fricasseed Chickens, ...	"
		Chicken Pie, ...	57
BUTCHER'S MEAT, VENISON, ETC.		Chicken Salad, ...	"
General Remarks, ...	45	Ducks, ...	"
Frozen Meat, ...	"	Canvass-backs, ...	58
Best Beef Steaks, ...	"	Goose, ...	"
Quarters of a Calf, ...	"	Goose Pie, ...	"
Quarters of a Sheep, ...	"	Turkeys, How to Roast, ...	"
Cutting up Pork, ...	"	Boiled Turkey, ...	"
Keeping Venison, ...	"	Turkey Stuffed with Sausages and	
Roast Beef, ...	"	Chestnuts, ...	59
Alamole Beef, ...	46	Turkey Boiled, ...	"
Beef Kidney, ...	"	Hare, ...	"
Corned Beef, ...	"	Quails, ...	"
To Broil Beef Steaks, ...	47	Broiled Squab, ...	"
Beef Steak Pie, ...	"	Partridges, Minced, ...	60
Beef Bouilli, ...	"	" Broiled, ...	"
Tripe, ...	48	Quails, Roasted, ...	"
Tongue, ...	"	Pigeons, ...	"
Beef Pressed, ...	"	Potted Pigeons, ...	"
" Hashed, ...	"	Stewed and Roast Pigeons, ...	"
" Salted, ...	"	Pigeon Pie, ...	61
" Minced, ...	49	Woodcock, ...	"
Veal, ...	"	How to Roast Pheasants, Partridges,	
Roast Veal, ...	"	Quails, &c., ...	"
Boiled Veal, ...	"	Reed-birds, or Ortolans, ...	"
Veal Cutlets, ...	"	Partridge in Bread, ...	62
Roast Fillet of Veal, ...	50	" Stewed, ...	"
Veal Patties, ...	"	" Roasted, ...	"
How to Roast Sweet breads, ...	"	Snipe, ...	"
Mutton and Lamb, ...	"		
Roast and Boiled Mutton, ...	51	GRAVIES, SAUCES, ETC.	
Mutton Breast, ...	"	Various Gravies, ...	63
Mutton Leg, Stuffed, ...	"	Brown Gravy without Meat, ...	"
" Boiled, ...	"	Sauce for Fish or Turkey, ...	"
To Harrico Mutton, ...	"	Sauce for a Fowl, ...	"
Mutton Chops, ...	"	Sauce for Fish Pies, ...	"
Lamb, ...	52	Nasturtion Sauce, ...	"
" Breast, ...	"	Oyster Sauce, ...	64
" Shoulder, ...	"	Lobster Sauce, ...	"
" Chops, ...	53	Cranberry Sauce, ...	"
Pork, ...	"	Celery Sauce, ...	"
Roast Pork, ...	"	Mint Sauce, ...	"
Roasted Pig, ...	"	Mushroom Sauce, ...	"
Hams, ...	"	Apple Sauce, ...	65
Virginia Method of Curing Hams, ...	"	How to Melt Butter, ...	"
" Soupe, ...	54	Egg Balls, ...	"
Sausages, ...	"		
Venison, ...	"	CATCHUPS.	
To Roast Venison, ...	"	Mushroom Catchup, ...	65
Sauce for Venison, ...	"		

Tomato Catchup, ...	66
Walnut Catchup, ...	"

VEGETABLES.

General Rules, ...	66
Potatoes, ...	"
How to Boil Potatoes, ...	"
Potatoe Snowballs, ...	"
Potatoes, <i>a la Maitre d'Hotel</i> , ...	67
Cabbages, ...	"
To Dress Cauliflowers, ...	"
Spinach, ...	"
Turnips, ...	"
Beets, ...	"
Parsnips, ...	"
Carrots, ...	"
Asparagus, ...	"
Green Peas, ...	68
String Beans, ...	"
Dandelions, ...	"
Sweet Corn, ...	"
Onions, ...	"
Tomatoes, ...	"
Modes of cooking Tomatoes, ...	"
Gumbo, ...	"
Egg-Plant, ...	"
Salsify, or Oyster Plant, ...	69
Baked Beans, ...	"
Lima Beans, ...	"
Squashes, or Cymbelins, ...	"
Winter Squash, ...	"
Mushrooms, ...	70
How to Choose Mushrooms, ...	"
How to Stew Mushrooms, ...	"

RICE, MACARONI, ETC.

Southern Method of Boiling Rice, ...	70
Macaroni, ...	"
Macaroni Dressed Sweet, ...	71
Hominy, ...	"

VARIOUS MODES OF COOKING EGGS.

To Boil Eggs, ...	71
To Poach Eggs, ...	"
Eggs and Bread, ...	"
Omelet, ...	72
Scrambled Eggs, ...	"

PICKLES.

General Rules, ...	72
To Pickle Tomatoes, ...	"
Peaches and Apricots, ...	73
To Pickle Cucumbers, ...	"
Mangoes, ...	"
Green Peppers, ...	"
Butternuts, ...	"
Walnuts, ...	"
Barberries, ...	74
Onions, ...	"

PRESERVES, JELLIES, JAMS, ETC.

	PAGE.
General Remarks, ...	74
To Clarify Sugar, ...	"
To Preserve Watermelon rinds, &c., ...	75
Apples, ...	"
Pine-apples, ...	"
Apple Jelly, ...	76
Crab Apples, ...	"
To Preserve Quinces, ...	"
Quince Marmalade, ...	77
Quince Jelly, ...	"
To Preserve Peaches, Apricots, ...	"
Nectarines, Plums, ...	"
Brandy Peaches, Plums, &c., ...	78
Gages, ...	"
To Preserve Pears, ...	"
Pear Marmalade, ...	79
Baked Pears, ...	"
Red Current Jelly, ...	"
Gooseberries, ...	"
Gooseberry Fool and Jam, ...	"
Frosted Fruit, ...	80
Black Currant Jelly, ...	"
Grape Jelly, ...	"
Cranberry Jelly, ...	"
How to Preserve Raspberries, ...	"
Strawberries, and Black-berries whole, ...	"
Raspberry Jelly, ...	81
Raspberry Jam, ...	"
Apple Compote, ...	"
Black Butter, ...	"

PASTRY, PUDDINGS, AND OTHER DAINTIES.

Pie-crust, ...	82
Puff Paste, ...	"
Confectioner's Pastry, ...	"
Rhubarb Pies, ...	83
Pumpkin Pie, ...	"
Potato Pie, ...	"
Peach Pie, ...	"
Cocoanut Pie, ...	84
Plain Custard Pie, ...	"
Apple Dumplings, ...	"
Batter Pudding, ...	"
Plain Rice Pudding, ...	85
Rice Milk, ...	"
Mince Pies, ...	"
English Plum Pudding, ...	"
Bird's Nest Pudding, ...	86
Arrow-root Pudding, ...	"
Orange Pudding, ...	"
Lemon Pudding, ...	"
Quince Pudding, ...	"
Cocoanut Pudding, ...	87
Baked Apple Pudding, ...	"
Boston Pudding, ...	"
Quaking Pudding, ...	88

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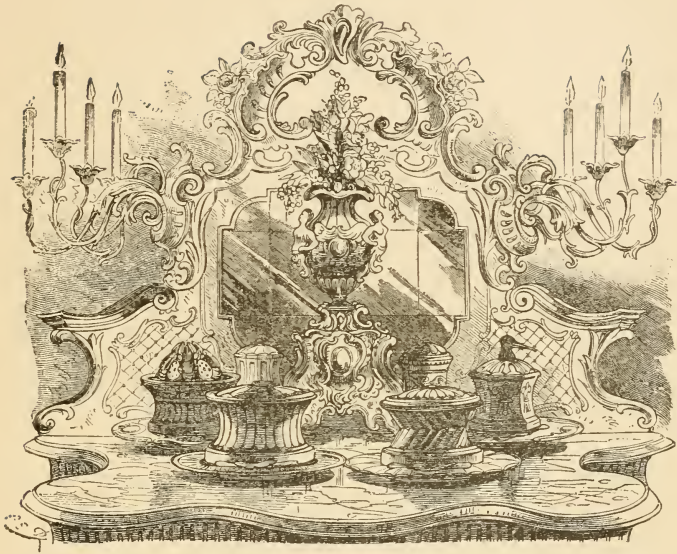
WE are not aware that any complete Manual of Domestic Cookery, calculated, from its conformity in price to the economical system of the day, for an extensive circulation, has until now been offered to the public.

The present work, therefore, supplies a desideratum; and we are confident that it will be found the most compact, full, and satisfactory hand-book of Cookery, that has yet appeared.

The fashions of the *cuisine*, like those of dress, are subject to changes. It has been the vigilant endeavor of the compiler not to be behind the age in this respect; and her work embraces all the most modern improvements in the various branches of the art. She respectfully dedicates it to the

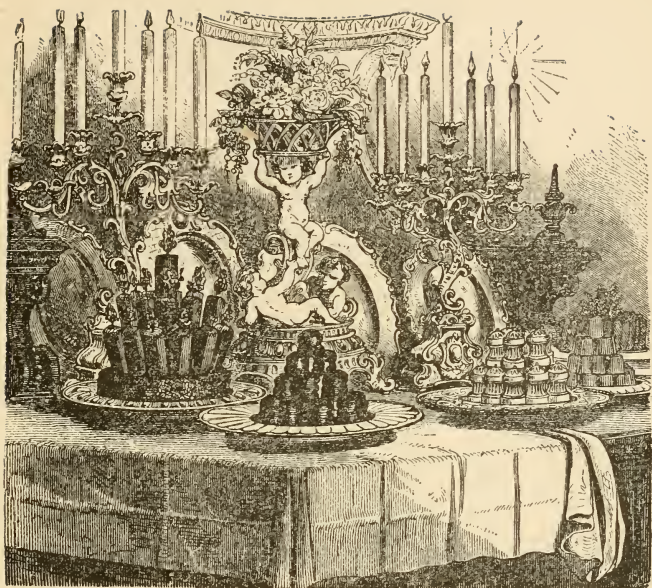
HOUSEKEEPERS OF THE UNITED STATES,

in the full belief that they will find it all that they could desire—a lucid, practical work, perfect in all its departments, and yet free from prolixity and unnecessary repetitions.



PIGEON PATTY.—Make one and a half pound of paste, and mold it into a ball ; roll it out to the size and form of a dinner-plate, indent the center part to the extent of 4 inches in diameter, and raise the sides of the paste up in a purse-like form, giving the wall consistency by pressing the sides of the paste together compactly ; raise the wall to the height of about 8 inches, place this shell on a buttered baking-sheet upon buttered paper, press out the base slantingly, fill the inside with flour or bran, wet round the inner edge, fasten on a circular piece of the same paste, press it all round securely, cut the edge evenly, pinch it decoratively with pastry-pincers, egg it over, and bake it for about three-quarters of an hour, of a light color. When done, make an incision, remove the lid and the bran, and brush the inside clean. When about to send the pâté to table, heat it, garnish with very young pigeons which have been previously boned, forced, and braised for the purpose, add truffles, button mushrooms, and pour some sauce over all, and serve.

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PURÉE OF GREEN PEAS FOR GARNISH.—Boil a pint of green peas with some mint and a few spring onions ; and when they are done, drain off the water, bruise them in a mortar, rub them through a hair sieve, and having placed this pulp in a small stewpan with a pat of butter, a bit of glaze, a little pepper and salt, and a pinch of sugar, stir altogether over the fire until quite hot, and pile up the purée in the center of cutlets, etc.

FINANCIÈRE RAGOUT.—Place in a stewpan the following articles ready cooked : viz.,—a few cockscombs, button mushrooms, truffles, quenelles, and scallops of sweetbreads ; to these add half a pint of good brown sauce, flavored, if possible, with game, a glass of sherry, and a small pinch of cayenne ; boil together for 3 minutes, and serve for garnishes of vol-au-vents, patties (cut smaller), and a great number of dishes for which this ragout is specially adapted, as will be herein shown.



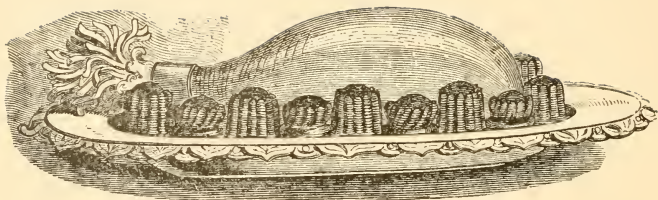
VEAL CUTLETS WITH RICE AND TOMATO SAUCE.—After having trimmed them into proper shape, beat them until the fiber of the meat is thoroughly broken, split them and fill with finely chopped truffles, sew them and give them the shape of pears, flour them well to prevent the escape of the gravy, and fry them from 12 to 15 minutes over a fire which is not sufficiently fierce to burn them before they are quite cooked through ; they should be of a fine amber brown, and *perfectly done*. Lift them into a hot dish filled with boiled rice and tomato sauce.

VEAL CUTLETS A L'INDIENNE.—Mix together 4 ounces of stale bread-crumbs, a teaspoonful of salt, and a tablespoonful of currie powder. Cut down into small well-shaped cutlets 2 pounds of veal ; beat the slices flat, and dip them first into beaten egg-yolks, then into the seasoned crumbs ; moisten them again with egg, and pass them a second time through bread-crumbs. When all are ready, fry them in 3 or 4 ounces of butter over a moderate fire, from 12 to 14 minutes. For sauce, mix a teaspoonful of flour and an equal quantity of currie-powder with a small slice of butter ; shake these in the pan for about 5 minutes, pour to them a cup of gravy or boiling water, add salt and cayenne and the strained juice of half a lemon ; simmer the whole till well flavored, and pour it round the cutlets.



BARON LIEBIG'S EXTRACT OF BEEF.

RECEIPT.—Take a pound of good, juicy beef, from which all the skin and fat that can possibly be separated from it have been cut away. Chop it up small, then mix it thoroughly with an exact pint of cold water, and place it on the side of the stove to heat *very slowly indeed*, and give it an occasional stir. It may stand 2 or 3 hours before it is allowed to simmer, and will then require at the utmost but 15 minutes of gentle boiling. Salt should be added when the boiling first commences, and for invalids, this, in general, is the only seasoning required. When the extract is thus far prepared it may be poured from the meat into a basin, and allowed to stand until any particles of fat it may exhibit on the surface can be skimmed off entirely, and the sediment has subsided and left the soup quite clear, when it may be poured gently off, heated in a clean sauce-pan and served at once. It will contain all the nutriment which the meat will yield. The scum should always be well cleared from the surface of the soup as it accumulates.

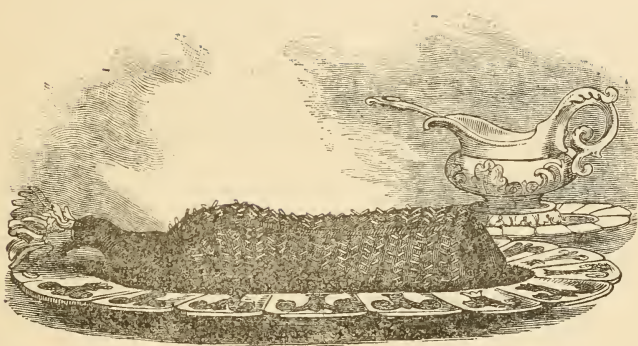


HAM WITH SPINACH.

TO BOIL A HAM.—The degree of soaking which must be given to a ham before it is boiled depends on the manner in which it has been cured, and on its age. We generally find hams cured in twelve hours. After the ham has been scraped or brushed as clean as possible, pare away any part which, from being blackened, would disfigure it ; though it is better *not* to cut the flesh at all unless it be requisite for the good appearance of the joint. Lay it into a ham-kettle, and cover it plentifully with cold water ; bring it *slowly* to boil, and clear off the scum which will be thrown up in great abundance. So soon as the water has been cleared from this, draw back the pan quite to the edge of the stove, that the ham may be simmered softly but steadily, until it is tender. On no account allow it to boil fast. A bunch of herbs and three or four carrots, thrown in directly after the water has been skimmed, will improve it. When it can be probed very easily with a sharp skewer or larding-pin, lift it out, strip off the skin, set it in an oven for a few minutes after having laid it on a drainer ; strew fine raspings or grate a hard-toasted crust over it, and send to table.

Small ham, $3\frac{1}{2}$ to 4 hours ; moderate sized, 4 to $4\frac{1}{2}$ hours . very large, 5 to $5\frac{1}{2}$ hours.

SPINACH, ENGLISH FASHION.—Boil the spinach, and after it has been well squeezed and chopped, stir it over a moderate fire until it is very dry ; moisten it with as much thick rich gravy as will flavor it well, and turn and stew it quite fast until it is again very dry ; then press it into hot molds of handsome form, and serve it quickly with the ham.



ROAST HARE.—A hare may be rendered more plump in appearance, and easier to carve, by taking out the bones of the back and thighs ; in removing this a very sharp knife should be used. Nearly double the usual quantity of forcemeat must be prepared ; with this restore the legs to their original shape, and fill the body, which should previously be lined with delicate slices of the nicest bacon, of which the rind and edges have been trimmed away. Sew up the hare, truss it ; lard it or not, as is most convenient ; keep it basted plentifully with butter while roasting, and serve it with the customary sauce. Two table-spoonsful currant jelly, melted in half a pint of rich brown gravy, is an acceptable accompaniment to hare, when the taste has been in favor of a sweet sauce.

To remove the back-bone, clear from it first the flesh in the inside ; lay this back to the right and left from the center of the bone to the tips ; then work the knife on the upper side quite to the spine, and when the whole is detached except the skin which adheres to this, separate the bone at the first joint from the neck-bone or ribs, and pass the knife with caution under the skin down the middle of the back.



COMPOTE OF FRUITS FOR DESSERTS.

COMPOTE OF ORANGES.—First, pare off the rind of three oranges very thinly, and reserve it on a plate; then divide them into halves, remove the white pithy cord, and cut off the rind and pith in strips down to the quick—thus leaving the halves of oranges transparently bare; dish up these rather high in the compote glass; throw the rind kept in reserve into 4 ounces of sugar boiled with a gill of water for 5 minutes; strain this syrup into a basin, add a small g^l of rum or brandy, pour over the compote, and serve.

THE COMPLETE COOK.

A WORD TO HOUSEKEEPERS.

It is not beneath the dignity of any woman, be her attainments what they may, to acquaint herself with all the necessary arrangements of a household; for it cannot be beneath her dignity to learn any thing which contributes to the comfort and happiness of those around her. Home is the especial province of woman, and it should be her delight to feel that she has the power of administering to the wants and pleasures of her circle. There may be occupations more congenial to her taste than the management of a household, but if she systemizes her time, and comprehends what she is about, she may almost always find leisure to gratify herself as well as others. The trouble of superintending her kitchen is comparatively small when she once thoroughly understands what is to be done. That she may comprehend this, and always have a guide at hand, the present volume has been carefully prepared. It is designed for the use of very young housekeepers as well as for that of the more experienced. By its aid the head of every family will find the situation she fills rendered easy and agreeable; and should her education be deficient on household subjects, with the assistance of the receipts and directions which have been collected in this work, the error may be readily repaired.

In the preparation of those receipts economy has been strictly regarded. It requires some skill to know how to live well with small means, and but little less to know how to live well at all. Of both of these arts many females in our enlightened country are deplorably ignorant. We have called this a deficiency *in education*, and we consider it almost as great a one as if they had not been taught to write grammatically, or to read with fluency. It is the earnest desire of the author of this book that it may prove especially of service to the class of persons just mentioned.

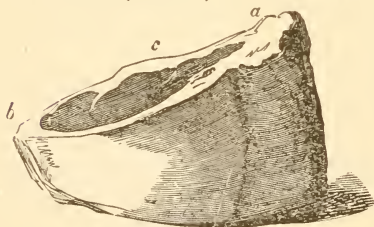
ON CARVING.

Necessity of Practice in Carving—**BEEF**: Round or Aitch-bone—Ribs—Sirloin.
 —**VEAL**: Fillet—Neck—Loin—Breast—Shoulder—Calf's Head.—**MUTTON**
 Leg—Shoulder—Loin—Neck—Saddle—Haunch.—Fore-quarter of Lamb—
VENISON: Haunch—Neck.—Pork—Ham—Tongue—Sucking Pig—Rabbit—
WINGED GAME AND POULTRY—FISH

Although carving with ease and elegance is a very necessary accomplishment, yet most people are lamentably deficient not only in the art of dissecting winged game and poultry, but also in the important point of knowing the parts most generally esteemed. Practice only can make good carvers; but the directions here given, with accompanying plates, will enable any one to disjoint a fowl, and avoid the awkwardness of disfiguring a joint.

In the first place, whatever is to be carved should be set in a dish sufficiently large for turning it if necessary; but the dish itself should not be moved from its position, which should be so close before the carver as only to leave room for the plates.—The carving-knife should be light, sharp, well-tempered, and of a size proportioned to the joint, strength being less required than address in the manner of using it. Large solid joints, such as ham, fillet of veal, and salt beef, cannot be cut too thin; but mutton, roast pork, and the other joints of veal, should never be served in very slender slices.

A Round (buttock) or Aitch-bone of Beef.—Pare off from the



Aitch-bone of Beef.

cut in slender horizontal slices at *a*, and is much better than the soft when eaten cold.

Ribs of Beef.—Cut along the whole length of the bone, from end to end, *a* to *b*, either commencing in the centre or at one side, having the thin end towards you; but if cut from the bone and

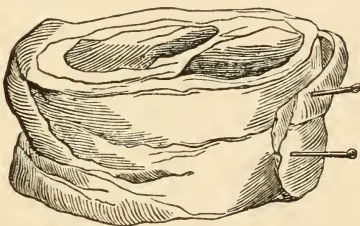
formed into a *round*, with the fat end doubled into the centre, it must then be cut in the same manner as the round of beef.

Sirloin of Beef.—Cut in the same manner as the ribs, commencing either at the centre or the side, as from *a* to *b*. The under part should be cut across the bone, as at *c* for the lean, and *d* for the rich fat; many persons prefer the under to the upper part, the meat being more tender.



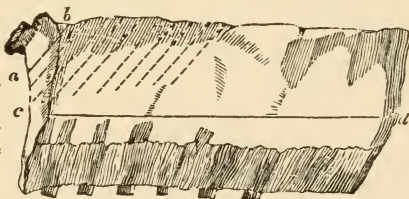
Sirloin of Beef.

Fillet of Veal.—Carve it in the same manner as the round of beef; but the upper slice should be cut somewhat thinner, as most persons like a little of the brown, and a portion of it should be served along with each slice, together with a slice of the fat and stuffing, which is skewered within the flap.



Fillet of Veal.

Neck of Veal.—Cut across the ribs, as at *a* to *b*: the small bones, as at *c* to *d*, being cut off, divided, and served separately, for it is not only a tedious, but a vulgar operation to attempt to disjoint the ribs.

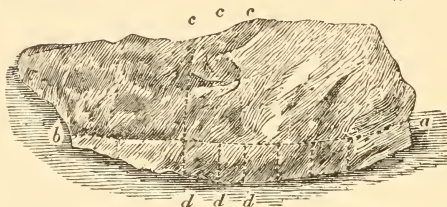


Neck of Veal.

Loin of Veal.—The joint is placed in the dish in the same manner as a sirloin of beef, but should be turned up, and the whole of the kidney and fat cut out; the fat being usually put upon a dry toast and served as marrow. The loin is then returned to its former position, and the meat should be cut across the ribs as in the neck, serving it with a slice of kidney.

Breas' of Veal, being very gristly, is not easily divided into pieces. In order, therefore, to avoid this difficulty, put your

knife at *a*, about four inches from the edge of the thickest part

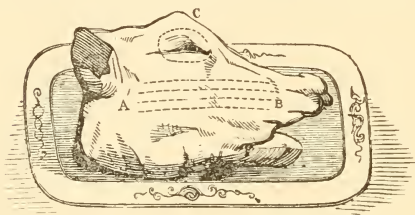


Breast of Veal.

is chosen, and help accordingly. The remaining scrag part is seldom served at table, but forms an excellent stew when dressed in the French mode

Shoulder of Veal.—Cut in the same manner as a shoulder of mutton, beginning on the under side.

Calf's Head.—Cut slices from *a* to *b* in the figure, which describes only half the head, letting the knife go close to the bone.



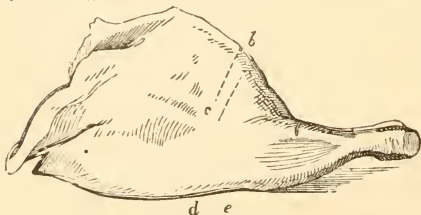
Calf's Head.

Many like the eye at *c*, which you must cut out with the point of your knife, and divide in two, along with some of the glutinous bits which surround it. If the jaw-bone be taken off, there

will be found some fine lean, and under the head is the palate, which is reckoned a delicacy.

The tongue and brains are dished separately, but served in small portions along with the head.

Leg of Mutton.—The best part of a leg of mutton, whether boiled or roasted, is midway between the knuckle and the broad end. Begin to help there from the roundest and thickest part, by cutting slices, not too thin, from *b* down to *c*. This part is



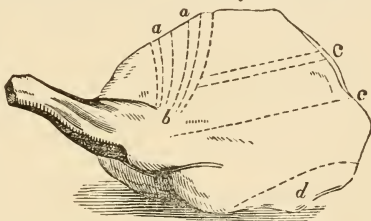
Leg of Mutton.

the most juicy; but many prefer the knuckle, which, in fine mutton, will be very tender, though dry. There are very fine slices in the back of the leg; therefore, if the party be large, turn it up, and cut

the broad end ; not across in the direction you did the other side, *but longwise*, from the thick end to the knuckle-bone. To cut out the cramp bone, which some persons look upon as a delicacy, pass your knife under in the direction of *e*, and it will be found between that and *d*.

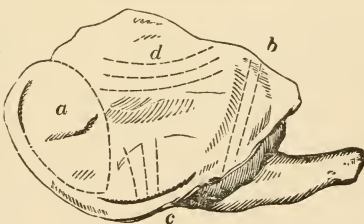
Shoulder of Mutton, though commonly looked upon as a very homely joint, is by many preferred to the leg, as there is much variety of flavor, as well as texture, in both the upper and under parts.

The figure represents it laid in the dish as always served, with its *back uppermost*. Cut through it from *a* down to the blade-bone at *b* ; afterwards slice it along each side of the blade-bone from *c c b*. The prime part of the fat lies on the outer edge, and is to be cut in thin slices in the direction of *d*.



Shoulder of Mutton.

The *under part*, as here represented, contains many favorite pieces of different sorts, as, cross-wise in slices, near the shank-bone at *b* ; and, lengthwise, in broad pieces, at the further end *a* ; as well as in the middle and sides in the manner designated at *c* and *d*.



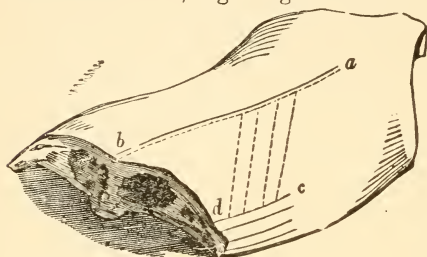
Should it be intended to reserve a portion of the joint to be eaten cold, all this undermost part should be first cut away and served separately, both as it eats better hot than cold, and as the upper remaining part will appear more sightly on the table.

Loin of Mutton.—Cut the joints into chops and serve them separately ; or cut slices the whole length of the loin ; or run the knife along the chine-bone, and then slice it, the fat and lean together, as shown in the cut of the saddle, on next page.

Neck of Mutton.—It should be prepared for table as follows :—Cut off the scrag ; have the chine-bone carefully sawn off, and also the top of the long bones (about an inch and a half), and the thin part turned under ; carve in the direction of the bones

The *scrag of mutton*, when roasted, is very frequently separated from the ribs of the neck, and in that case the meat and bones may be helped together.

Saddle of Mutton.—Cut in long and rather thin slices from the tail to the end, beginning at each side close to the back-



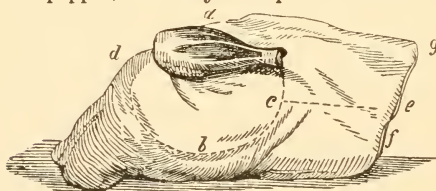
Saddle of Mutton.

bone, from *a* to *b*, with slices of fat from *c* to *d*; or along the bone which divides the two loins, so as to loosen from it the whole of the meat from that side, which you then cut crosswise, thus giving with each slice both fat and

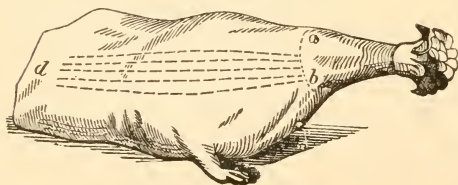
lean. The tail end is usually divided and partly turned up. Some butchers also skewer the kidneys across the incision, but it is not usual at genteel tables, and the incision is better omitted.

Haunch of Mutton.—A haunch is the leg and part of the loin, and is cut in the same manner as a haunch of venison.

Fore-Quarter of Lamb.—Pass the knife under the shoulder in the direction of *a*, *c*, *b*, *d*, so as to separate it from the ribs without cutting the meat too much off the bones. A Seville orange or lemon should then be divided, the halves sprinkled with salt and pepper, and the juice squeezed over the under part. A little cold or melted butter is then put between both parts, after which the shoulder is placed in a separate dish to be helped by some other person. Divide the ribs from *d* to *e*, and then serve the neck *f*, and breast *g*, as may be chosen.



Fore-quarter of Lamb.



Haunch of Venison

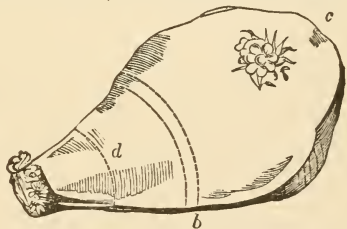
Haunch of Venison.—Have the joint length-

wise before you, the knuckle being the farthest point. Cut from *a* to *b*, but be careful not to let out the gravy; then cut along the whole length from *a* down to *d*. The knife should slope in making the first cut, and then the whole of the gravy will be received in the well. The greater part of the fat, which is the favorite portion, will be found at the left side, and care must be taken to serve some with each slice.

Neck of Venison.—Cut across the ribs diagonally; or it may be cut in slices the whole length of the neck. The first method is equally good, and much more economical.

Pork.—In helping the roast loin and leg, your knife must follow the direction of the scores cut by the cook upon the skin which forms the crackling, as it is too crisp for being conveniently divided, and cannot therefore be cut across the bones of the ribs, as in loin of mutton. The scores upon the roasted leg are, however, always marked too broadly for single cuts; the crackling must therefore be lifted up from the back to allow of thin slices being cut from the meat: the seasoning is under the skin at the larger end.

Ham—Serve it with the back upwards, sometimes ornamented, and generally having, as in France, the shank-bone covered with cut paper. Begin in the middle by cutting long and very thin slices from *a* to *b*, continuing down to the thick fat at the broad end. The first slice should be wedge-shaped, that all the others may be cut slanting, which gives a handsome appearance to them. Many persons, however, prefer the hock at *d*, as having more flavor; it is then carved lengthwise from *c* to *d*.

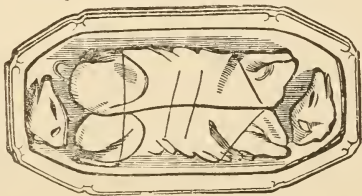


Ham.

Boiled Tongue should always be cut crosswise, not going through the fat, which, if required, can be cut by putting the knife under.

Sucking-pig.—The cook usually divides the body before it is sent to table—as thus—and garnishes the dish with the jaws and ears.

Separate a shoulder from one side, and then the leg, according to the direction given by the line along the carcass. The ribs are then to be divided; and an ear or



Roast Pig.

jaw presented with them, and plenty of sauce and stuffing. The joints may either be divided into two each, or pieces may be cut from them. The ribs are reckoned the finest part; but some people prefer the neck end, between the shoulders.

Rabbits.—Put the point of the knife under the shoulder at *b*, and so cut all the way down to the rump, along the sides of the backbone, in the limb *b, a*, cutting it in moderately thick slices;



Rabbit.

or, after removing the shoulders and legs, cut the back crosswise in four or five pieces; but this can only be done when the rabbit is very young, or when it is boned. To separate

the legs and shoulders, put the knife between the leg and back, and give it a little turn inwards at the joint, which you must endeavor to hit, and not to break by force. The shoulders may be removed by a circular cut around them. The back is the most delicate part, and next to that the thighs. A portion of the stuffing should be served with each slice. The brains and ears of sucking-pig and rabbit are also considered epicurean tit-bits, which must not be neglected; wherefore, when every one is helped, cut off the head, put your knife between the upper and lower jaw and divide them, which will enable you to lay the upper flat on your plate; then put the point of the knife into the centre, and cut the head into two.

Boiled Rabbits.—The legs and shoulders should be first taken



Boiled Rabbit.

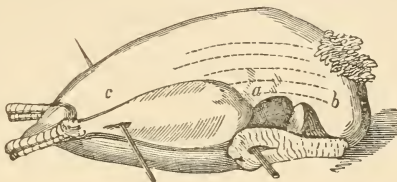
off, and then the back cut across into two parts, which is easily done by a bend of the knife in the joint underneath, about the

middle of the back. The back is the best, and some of the liver should always accompany it.

The carving of both WINGED GAME and POULTRY requires more delicacy of hand and nicety in hitting the joints than the cutting of large pieces of meat, and to be neatly done, requires considerable practice.

Roast Turkey.—Cut long slices from each side of the breast down to the ribs, beginning at *a b* from the wing to the breast-bone. Then turn the turkey upon the side, nearest you, and cut off the leg and wing; when the knife is passed between the limbs

and the body, and pressed outward, the joint will be easily perceived. Then turn the turkey on the other side, and cut off the leg and wing. Separate the drum-sticks from the leg bones, and the pinions from the wings; it is hardly possible to mistake the joint. Cut the stuffing in thin slices, lengthwise. Take off the neck-bones, which

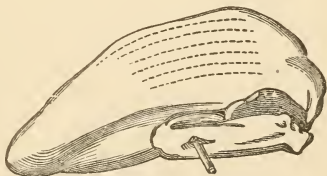


Roast Turkey.

are two triangular bones on each side of the breast; this is done by passing the knife from the back under the blade part of each neck-bone, until it reaches the end: by raising the knife the other branch will easily crack off. Separate the carcass from the back by passing the knife lengthwise from the neck downward. Turn the back upwards and lay the edge of the knife across the back-bone, about midway between the legs and wings; at the same moment, place the fork within the lower part of the turkey, and lift it up; this will make the back-bone crack at the knife. The croup, or lower part of the back, being cut off, put it on the plate with the rump from you, and split off the side-bones by forcing the knife through from the rump to the other end.

The choicest parts of a turkey are the side-bones, the breast and the thigh-bones. The breast and wings are called light meat; the thigh-bones and side-bones dark meat. When a person declines expressing a preference, it is polite to help to both kinds.

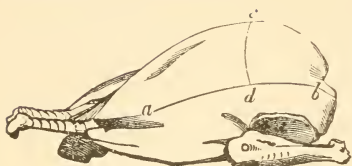
Boiled Turkey is carved in the same way as the roast, the only difference being in the trussing; the legs in the boiled being, as here shown, drawn into the body, and in the roast skewered.



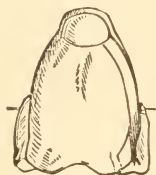
Boiled Turkey.

Roast Fowl.—Slip the knife between the leg and body, and cut to the bone; then with the fork turn the leg back, and the joint will give way if the bird is not old. Take the wing off in the direction of *a* to *b*, only dividing the joint with your knife. When the four quarters are thus removed, take off the merrythought from *c*, and the neck bones; these last, by putting in the knife at *d*, and pressing it, will break off from the part

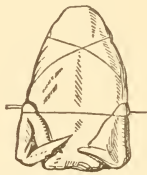
that sticks to the breast. The next thing is to divide the breast from the carcase, by cutting through the tender ribs close to the breast, quite down to the tail. Then lay the back upwards, put your knife into the bone half way from the neck to the rump.



Roast Fowl.



Boiled Fowl, breast.



Boiled Fowl, back.

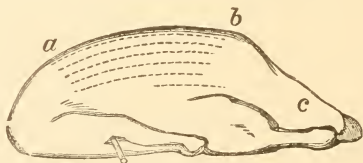


and on raising the lower end it will separate readily. Turn the rump from you, take off the two sidesmen, and the whole will be done. To separate the thigh from the drumstick of the leg insert the knife into the joint as above. It requires practice to hit the joint at the first trial. The breast and wings are considered the best parts.

If the bird be a capon, or large, and roasted, the breast may be cut into slices in the same way as a pheasant.

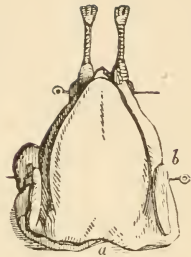
The difference in the carving of boiled and roast fowls consists only in the breast of the latter being always served whole, and the thigh-bone being generally preferred to the wing.

Geese.—Cut thin slices from the breast at *a* to *b*; the wing is generally separated as in turkeys, but the leg is almost constantly reserved for broiling. Serve a little of the seasoning from the inside by cutting a circular slice in the apron at *c*.

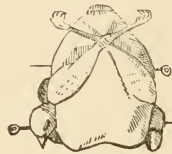


Roast Goose.

Pheasant.—Slip the knife between the leg and the breast: cut off a wing *small* from *a* to *b*; then slice the breast, and you will have two or three handsome cuts. Cut off the merry thought by passing the knife under it towards the neck, and cut all the other parts as in a fowl. The breast, wings, and merrythought are the most esteemed: but the thigh has a high flavor.



Partridge.—It may be cut up in the same manner as a fowl; but the bird being small, it is unusual to divide it into more than three portions—the leg and wing being left together, and the breast helped entire; the back being only served along with some of the other parts. If the birds are very young, and the party not over-large, the whole body is not unfrequently only separated into two pieces, by one cut of the knife, from head to tail.

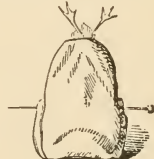
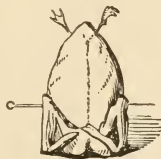


Quail.—Generally helped whole.

Grouse, Snipe, and Woodcock.—Proceed as for partridge, except that the *trail*, or entrails, of the two latter is served up on toast. As regards these different sorts of game, the thigh of the pheasant and the woodcock is the best, and the breast and wing of the partridge and grouse; but the most epicur an morsel of all is the trail of the woodcock served upon toast. Smaller birds should always be helped as they are roasted, whole.

Wild-duck, Widgeon, and most sorts of water-fowl.—Make two or three incisions, as long slices, into the breast, on which a glass of hot port wine is poured; have ready a lemon cut in half, on one side covered with salt, and on the other with cayenne pepper. Put both together, then squeeze the juice over the breast; after which the slices and limbs may be served und.

Pigeons.—Cut them in half through both back and breast; the lower part is generally thought the best.



Fish requires very little carving: it should be carefully helped with a fish-slice, which not being sharp, prevents the flakes from being broken, and in salmon and cod these are large and add much to their beauty

FOOD AND COOKERY.

"Plain living" not the most wholesome.—The Science of Cooking.—Diet and Digestion.—Advantage of Variety of Food.—Hints on Stewing.—On Roasting.—On Boiling.—On Broiling.—On Frying.—Suet.—The Art of Seasoning.—Maxims for Cooks.—Boning, Larding, and Braising.—Glazing.—Forcing.—Blanching.—Hot Closet.

The commonly received idea, that what goes under the denomination of "good plain living"—that is, joints of meat, roast or boiled—is best suited to all constitutions, has been proved to be a fallacy. Many persons can bear testimony to the truth of Dr. Kitchener's remark, that elaborate culinary processes are frequently necessary in order to prepare food for the digestive organs, which are but too frequently taxed beyond their power. Indeed, it may be truly said that many persons actually lose their lives by over-indulgence in food rendered indigestible by being badly cooked.

Until a comparatively late period the art of cookery was almost in a state of infancy, for our ancestors were, with few exceptions, content with the most simple, or rather, imperfect, preparation of their food, and "made dishes" were very little known. Of late years, however, it has gradually risen to a branch of science, founded on practical experience, combined with a knowledge of chemistry; and the numerous works published on its improvement, have brought it to a degree of perfection which its early professors never expected to attain. This remark applies, however, rather more to the cookery of animal than of vegetable food, for, in America, vegetables are chiefly used as an accompaniment to meat, while—as will be hereafter shown—many delicacies of the kitchen-garden may, if properly dressed, be rendered very palatable dishes to be eaten alone.

It is our intention to endeavor to correct the prejudice in favor of a family joint—by showing, that it is not only very often improperly cooked, but that the same quantity of meat, if dressed in different ways, still retaining a certain degree of simplicity, will be more pleasant to the palate, more healthful and quite as economical, if brought to the table, as two or three dishes instead of one.

In French cookery, those substances which are not intended to be broiled or roasted, are usually stewed for several hours at a temperature below the boiling-point; by which means the most refractory articles, whether of animal or vegetable origin, are more or less reduced to a state of pulp, and admirably adapted for the further action of the stomach. In the common cookery of this country, on the contrary, articles are usually put at once into a large quantity of water, and submitted, without care or attention, to the boiling temperature; the

consequence of which is, that most animal substances, when taken out, are harder and more indigestible than in the natural state.

DIET AND DIGESTION.

When the powers of the stomach are weak, a hard and crude diet is sure to produce discomfort by promoting acidity; while the very same articles when divided, and well cooked upon French principles, or rather the principles of common sense, can be taken with impunity, and easily digested.

The foundation of all good cookery consists in preparing the meat so as to render it tender in substance, without extracting from it those juices which constitute its true flavor, in doing which, the main point in the art of making those soups, sauces, and made dishes of every sort, which now form so large a portion of every well-ordered dinner, as well, also, as in cooking many of the plain family joints—is *boiling*, or rather *stewing*, which ought always to be performed over a slow fire. There is, in fact, no error so common as that of boiling meat over a strong fire, which renders large joints hard and partly tasteless; while, if simmered during nearly double the time, with less than half the quantity of fuel and water, and never allowed to “boil up,” the meat, without being too much done, will be found both pliant to the tooth and savory to the palate.

For instance. The most common and almost universal dish throughout France, is a large piece of plainly-boiled fresh beef, from which the soup—or “*potage*,” as it is there called—has been partly made, and which is separately served up as “*bouilli*,” accompanied by strong gravy, and minced vegetables, or stewed cabbage. Now this, as constantly dressed in the French mode, is ever delicate both in fibre and flavor; while, in the usual manner of boiling it, it is almost always hard and insipid. The reason of which, as explained by that celebrated cook, Carême, is this:—“The meat, instead of being put down to boil, as in our method, is there put in the pot with the usual quantity of cold water, and placed at the corner of the fireplace, where, slowly becoming hot, the heat gradually swells the muscular fibres of the beef, dissolving the gelatinous substances therein contained, and disengaging that portion which chemists term “osmazome,” and which imports savor to the flesh—thus both rendering the meat tender and palatable, and the broth relishing and nutritive; whilst, on the contrary, if the pot be inconsiderately put upon too quick a fire, the boiling is precipitated, the fibre coagulates and hardens, the osmazome is hindered from disengaging itself, and thus nothing is obtained but a piece of tough meat, and a broth without taste or succulence.”

To stew.—This wholesome and economical mode of cookery is

not so well understood nor profited by as in France. So very small a quantity of fuel is wanted to sustain the gentle heat which it requires, that this alone should recommend it to the careful housekeeper; but if properly attended to, meat stewed gently in close-shutting or luted vessels is in every respect equal, if not superior, to that which is roasted, but it must be *simmered* only, and in the gentlest manner.

On the subject of *stewing meat* the following hint may be advantageously adopted:—"Take a piece of boiling beef, with some fat to it and a little seasoning, but without water, gravy, or liquid of any sort. Put it in an earthen jug closely covered, and place that within a large iron or tin pot filled with cold water, and lay it so near the fire as to keep a gentle simmer, without letting it boil. It will require several hours, according to the weight of the meat, which should be stewed until quite tender. It loses nothing, and will yield a large quantity of the richest gravy, as retaining the whole of its juice, and is decidedly the best mode of dressing that universal French dish, *bœuf-bouilli*."

To roast in perfection is not **only** a most difficult but a most essential branch of cookery, and can only be acquired by practice, though it consists in simply dressing the joint thoroughly, without drying up any portion of its juices. If this, however, be not strictly attended to, the meat will be spoiled, and the error cannot be rectified.

A brisk, but not too strong, fire, should be made up in good time, and care taken that it is sufficiently wide to take in the joint, leaving two or three inches to spare at each end, and of equal strength throughout. The fat should be protected by covering it with oiled paper tied on with twine. The meat should not be put very near the fire at first, or the outside will become scorched, dry, and hard, while the inside will be underdone; but it should be put gradually nearer to the fire when about warmed through, or it will become soddened, and the screen should be placed before it from the commencement.

So much depends upon the taste of parties in the mode of over or under dressing, that it is difficult to say how long a joint of meat of a certain size should be roasted; but, presuming that a good fire is kept up, and that the meat is intended to be well done, a piece of beef—say of 12 to 15 lbs. weight—should, in winter, be properly roasted in from 3 to 3½ hours. The common rule is, $\frac{1}{4}$ of an hour to each lb; but a thick joint—such, for instance, as a sirloin of beef or leg of mutton—will require rather more time than the ribs or shoulder; and meat that has been hung for some days requires less roasting than that which has been newly killed; mutton, somewhat less than beef; but veal, pork, and all sorts of white meat, should be so thoroughly roasted as not to show any appearance of red gravy.

To boil.—All meat for boiling should be entirely covered with cold water, and placed on a moderate fire, the scum being carefully taken off as it rises, which will be in general a few minutes before it boils. This should be done with great care, as, if neglected, the scum will sink and adhere to the joint, giving it a very disagreeable appearance. The kettle should be kept covered. It cannot be too strongly urged upon a cook, the great advantage of *gentle simmering* over the usual *fast boiling* of meat, by which the outside is hardened and deprived of its juices before the inside is half done.

Pickled or salted meat requires longer boiling than that which is fresh. A fish-plate, or some wooden skewers, should be put under a large joint to prevent its sticking to the bottom of the boiler.

To broil.—A cinder-fire, or one partly made of coke and charcoal, clear of all appearance of smoke, is indispensable; and chops, steaks, or cutlets of all kinds—if intended to be eaten in their plain state—should be dressed after every other dish is ready, and sent up to table *last*, so as to secure their being *hot*: thus it may be observed that in “steak-dinners” the second course is always the best—as being dressed while the first is being eaten. The gridiron should be kept so clean as to be nearly polished, and should be always warmed before the meat is put upon it, as well as greased to prevent the steak from being burned. A fork should never be used in turning them, but a pair of steak-tongs.

To fry.—The principle of this art is “to scorch something solid in oil or fat.” To do this it is necessary that the fat be in such condition as to scorch whatever is put into it; for if the substance fried does not *burn*, it must *soak* and become greasy. After the substance is immersed in the fat, the pan may be removed a little off the fire, as otherwise the outside will become black before the inside is done.

When you wish fried things to look as well as possible, do them *twice* over with egg and crumbs. Bread that is not stale enough to grate quite fine will not look well. The fat you fry in must always be boiling-hot the moment the meat is put in, and kept so till finished; a small quantity never fries well.

Suet.—When sirloins of beef, or loins of veal, or mutton, are brought in, part of the suet may be cut off for puddings, or to clarify. Chopped fine and mixed with flour, if tied down in a jar, it will keep ten days or a fortnight. If there be more suet than will be used while fresh, throw it into pickle made in the proportion of $\frac{1}{4}$ lb. of salt to a quart of cold water, and it will be as good afterwards for any use, when soaked a little.

If the weather permit, meat eats much better for hanging a day before it is salted.

Boiling in a well-floured cloth will make meat white. Cloths

for this purpose should be carefully washed and boiled in clean water between each using, and not suffered to hang in a damp place, which would give a bad flavor to the meat. The same applies to tapes and pudding-cloths. All kitchen utensils should be kept in the nicest order, and in a conspicuous part of the offices.

The more soups or broth are skimmed, the better and clearer they will be. In these as well as in boiling meat, particular care must be taken that this is done the *moment* before it boils, otherwise the foulness will be dispersed over the meat.

Vegetables should never be dressed with meat, except carrots or parsnips with boiled beef.

Old meats do not require so much dressing as young; not that they are sooner done, but they can be eaten with the *gravy* more in.

Hashes and *Minces* should never boil, as their doing so makes the meat hard. The *gravy* should be thoroughly made before the meat is put in.

Seasoning.—The art of seasoning properly is a difficult one, which can only be acquired by experience. The cook tastes her preparations instead of employing the scales; and, where the quantities are indefinite, it is impossible to adjust the exact proportions of spice or other condiments which it will be necessary to add in order to give the proper flavor; the great art being so to blend the ingredients that one shall not predominate over the other.

WEIGHTS AND MEASURES.

It is absolutely necessary for every family to be furnished with a pair of scales. It is also advisable for them to have wooden measures.

OF LIQUID MEASURE.

Two gills are half a pint.
Two pints—one quart.
Four quarts—one gallon.

OF DRY MEASURE.

Half a gallon is a quarter of a peck.
One gallon—half a peck.
Two gallons—one peck.
Four gallons—half a bushel.
Eight gallons—one bushel.

About seventy-five drops of any thin liquid will fill a common sized tea-spoon.

Four table-spoonfuls, or half a gill, will fill a common wine glass.

Four wine glasses will fill a half-pint, or common tumbler, or a large coffee-cup.

Ten eggs generally weigh one pound before they are broken.

A table-spoonful of salt is generally about one ounce.

SOUPS.

Soft water should *always* be used for making soup, unless it be of green peas, in which case *hard water* better preserves its color and it is a good general rule to apportion a quart of water to a pound of meat, that is to say, *flesh* without bone; but rich soups may have a smaller quantity of water.

Meat for soup should never be drowned at first with water, but put into the kettle with a very small quantity and a piece of butter, merely to keep the meat from burning until the juices are extracted: by which means of stewing the gravy will be drawn from it before the remainder of the water is added. A single pound will thus afford better and richer soup than treble the quantity saturated with cold water; but it will take 6 or 8 hours to extract the essence from a few pounds of raw beef. Bouilli beef is rendered very rich and palatable, though a considerable quantity of soup may be made from it, by being stewed at first in a little butter and some of its own gravy.

Soup, if meant to be good, should be made of meat that has not been previously cooked; for although family soup of fair quality may be made in the manner above stated, yet, if cold meat be used, it will ever be found to have a vapid taste which seasoning cannot disguise, nor impose upon the palate of any person who is accustomed to broths made from raw meat: but, we admit, that if only partially employed, the remains of roast beef, or the bones broiled, and a shank of ham, will commonly improve the flavor of soups made in the usual manner. The sediments of gravies that have stood to be cold should likewise be avoided, as they occasion the soup to become cloudy. Raw vegetables, with the exception of onions, should not be put down to stew at the same time as the meat, as their flavor will be exhausted by too long boiling, and the different sorts should be put down at different times. Onions, either whole or sliced and fried, at once; pot-herbs, carrots, and celery 3 hours afterwards; and turnips, vegetable marrow, asparagus-tops, and those of any delicate kind, only shortly before the soup is ready.

A common mistake in the making of soup is that of allowing it to boil too fast, and for too short a time; for long and slow boiling is necessary to extract the strength from the meat, which, if boiled fast over a large fire, becomes hard, and will not give out its juices.

BEEF OR MUTTON SOUP.—Boil very gently in a closely covered saucepan, four quarts of water, with two table-spoonfuls of sifted bread raspings, three pounds of beef cut in small pieces, or the same quantity of mutton chops taken from the middle of the neck; season with pepper and salt, add two turnips, two carrots, two onions, and one head of celery, all cut small; let it stew with these ingredients 4 hours, when it will be ready to serve.

BROTH, MUTTON, FOR THE SICK.—Have a pound and a half of a neck or loin of mutton; take off the skin and the fat, and put it into a saucepan; cover it with cold water (it will take about a quart to a pound of meat), let it simmer very gently, and skim it well; cover it up, and set it over a moderate fire, where it may stand, gently stewing, for about an hour; then strain it off. It should be allowed to become cold, when all the greasy particles will float on the surface, and, becoming hard, can be easily taken off, and the settlings will remain at the bottom.

N. B.—We direct the meat to be done no more than just sufficiently to be eaten; so a sick man may have plenty of good broth for nothing; as by this manner of producing it, the meat furnishes also a good family meal. This is an inoffensive nourishment for sick persons, and the only mutton broth that should be given to convalescents, whose constitutions require replenishing with restorative aliment of easy digestion. The common way of making it with roots, onions, sweet herbs, &c., &c., is too strong for weak stomachs. Plain broth will agree with a delicate stomach, when the least addition of other ingredients would immediately offend it.

BROWN GRAVY.—Take fifteen pounds of a leg or shin of beef, cut off the meat in bits, rub the bottom of the pot with butter, put in the meat, let it brown for nearly an hour, turning it constantly, break the bone and take out the marrow, which may be kept for a pudding, but it is considered better than butter to brown the meat with; put to it fourteen quarts of cold water, and the bones; when it boils skim it perfectly clean, and add six good-sized red onions, one carrot cut in three, one head of celery, a good handful of whole black and Jamaica pepper mixed; let this boil very gently ten or twelve hours closely covered, if upon a fire, but if done upon a hot plate, not to be covered; strain it through a cullender, and then through a hair sieve, into a large pan, to be kept for use. Return the meat and bones into the pot with three or four quarts of hot water; let it boil nearly two hours, and strain it off. This makes good stock for gravies, stews, or any made dishes.

This gravy soup keeps perfectly good for three or four weeks. When it is to be boiled to send to table, first boil vermicelli, or macaroni, in a little salt and water, till tender; strain it, and add it to the soup just before serving. This soup is quite pure, and requires no clearing. It is a most convenient thing to have in a house in cold weather, as it is always ready for use; and, served with dry toast to eat with it, makes an acceptable luncheon.

The trimmings of meat, giblets, and bones, may be boiled with the beef for this soup.

BEEF SOUP.—Crack the bone of a shin of beef, and put it on to boil in one quart of water to every pound of meat, and a large tea-spoonful of salt to each quart of water. Let it boil two hours, and skim it well. Then add four turnips pared and cut in quarters, four onions pared and sliced, two carrots scraped and cut in slices, one root of celery cut in small pieces, and one bunch of sweet herbs; which should be washed and tied with a thread, as they are to be taken out when the soup is served. When the vegetables are tender, take out the meat, strain off the soup and return it to the pot again, thicken it with a little flour mixed with water; then add some parsley finely chopped, with more salt and pepper to the taste, and some dumplings, made of a tea-spoonful of butter to two of flour, moistened with a little water or milk. Drop these dumplings into the boiling soup; let them boil five minutes, and serve them with the soup in the tureen.

CHICKEN SOUP.—Cut up two large fine fowls, as if carving them for the table, and wash the pieces in cold water. Take half a dozen thin slices of cold ham, and lay them in a soup-pot, mixed among the pieces of chicken. Season them with a very little cayenne, a little nutmeg, and a few blades of mace, but no salt, as the ham will make it salt enough. Add a head of celery split and cut into long bits, a quarter of a pound of butter divided in two, and rolled in flour. Pour on three quarts of milk. Set the soup-pot over the fire, and let it boil rather slowly.

BROTH, MUTTON.—Take two pounds of scrag of mutton; to take the blood out, put it into a stewpan, and cover it with cold water; when the water becomes milk-warm, pour it off; then put it in four or five pints of water, with a tea-spoonful of salt, a table-spoonful of best grits, and an onion; set it on a slow fire, and when you have taken all the scum off, put in two or three turnips; let it simmer very slowly for two hours, and strain it through a clean sieve.

CLAM SOUP.—Wash the shells of the clams and put them in a pot without any water. Cover the pot closely to keep in the steam; as soon as the clams are opened, which will be in a few minutes, take them out of the shells and proceed as directed for oyster soup.

TO MAKE EGG DUMPLINGS FOR SOUP.—To half a pint of milk put two well-beaten eggs, and as much wheat flour as will make a smooth, rather thick batter, free from lumps; drop this batter, a table-spoonful at a time, into boiling soup.

MOCK TURTLE, OR CALF'S HEAD SOUP.—Boil the head until perfectly tender—then take it out, strain the liquor, and set it away until the next day—then skin off the fat, cut up the meat together with the lights, and put it into the liquor, put it on the fire, and season it with salt, pepper, cloves, and mace—add onions and sweet herbs, if you like—stew it gently for half an hour. Just before you take it up, add half a pint of white wine. For the balls, chop lean veal fine, with a little salt pork, add the brains, and season it with salt, pepper, cloves, mace, sweet herbs or curry powder, make it up into balls about the size of half an egg, boil part in the soup, and fry the remainder, and put them in a dish by themselves.

OYSTER SOUP.—Make your stock of liquor to the quantity of two quarts with any sort of fish the place affords; put one pint of oysters into a saucepan, strain the liquor, stew them five minutes in their own liquor; then pound the hard parts of the oyster in a mortar with the yolks of three hard eggs, mix them with some of the soup, then lay them with the remainder of the oysters and liquor in a saucepan, with nutmeg, pepper, and salt. Let them boil a quarter of an hour, when they will be done.

NEW ENGLAND CHOWDER.—Have a good halibut, cod, or any other solid fish, cut it in pieces three inches square, put a pound of fat salt pork in strips into the pot, set it on hot coals, and fry out the oil. Take out the pork, and put in a layer of fish, over that a layer of onions in slices, then a layer of fish with slips of fat salt pork, then another layer of onions, and so on alternately until your fish is consumed. Mix some flour with as much water as will fill the pot; season with black pepper and salt to your taste, and boil it for half an hour. Have ready some crackers soaked in water till they are a little softened; throw them into your chowder five minutes before you take it up. Serve in a tureen.

CLAM SOUP.—Boil a knuckle of veal in as much water as will cover it well. When it has boiled about half or quarter of an hour, open half a peck of clams by placing them over the fire in a very small quantity of water. Pour the juice of the clams into the pot which contains the knuckle of veal. Boil the soup three or four hours, seasoning it with a tablespoonful of pepper. Add no salt, as the clam juice will have made it salt enough. When the veal is quite tender, cut up the clams in small pieces, (that is to say, each clam in three or more pieces,) and throw them into the soup, with a quarter of a pound of butter chopped into bits. Some persons roll the butter in flour, which they think makes it mix with the clam juice, others use no flour, as they dislike to detect the taste of

flour not thoroughly cooked. After the clams have been added to the soup it should boil half an hour longer. Toast a few slices of bread, cut in pieces, and add them to the soup.

TOMATO SOUP.—Wash, scrape, and cut small the red part of three large carrots, three heads of celery, four large onions, and two large turnips, put them into a saucepan, with a table-spoonful of butter, and half a pound of lean new ham; let them stew very gently for an hour, then add three quarts of brown gravy soup, and some whole black pepper, with eight or ten ripe tomatoes; let it boil an hour and a half, and pulp it through a sieve; serve it with fried bread cut in dice.

VERMICELLI SOUP.—The day before it is required, make four quarts of good stock, and boil in it one carrot, one turnip, four onions, one or two parsley roots, three blades of mace, salt, and some white pepper; strain it, and, before using, take off all the fat; boil in some of the liquor the crumb of three French rolls till soft enough to mash smooth; boil the soup and stir well in the mashed rolls; boil it for a quarter of an hour, and, before serving, add the yolks of two eggs beaten with three table-spoonfuls of cream; boil in water two or three ounces of vermicelli for fifteen or twenty minutes, strain and put it into the tureen, and pour the soup upon it.

MACARONI SOUP.—Make a good stock with a knuckle of veal, a little sweet majoram, parsley, some salt, white pepper, three blades of mace, and two or three onions; strain and boil it. Break in small bits a quarter of a pound of macaroni, and gently simmer it in milk and water till it be swelled and is tender; strain it, and add it to the soup, which thicken with two table-spoonfuls of flour, mixed in half a pint of cream, and stirred gradually into the soup. Boil it a few minutes before serving.

PEA SOUP.—If you make your soup of dry peas, soak them over night in a warm place, using a quart of water to each quart of the peas. Early the next morning boil them an hour. Boil with them a tea-spoonful of saleratus, eight or ten minutes, then take them out of the water they were soaking in, put them into fresh water, with a pound of salt pork, and boil it till the peas are soft, which will be in the course of three or four hours. Green peas for soup require no soaking, and boiling only long enough to have the pork get thoroughly cooked, which will be in the course of an hour.

SOUP A LA JULIENNE, OR VEGETABLE.—Cut various kinds of vegetables in pieces, celery, carrots, turnips, onions, &c., and

having put two ounces of butter in the bottom of a stew-pan, put the vegetables on the top of the butter, together with any others that may be in season; stew or fry them over a slow fire, keeping them stirred, and adding a little of the stock occasionally: soak small pieces of crust of bread in the remainder of the broth or stock, and when the vegetables are nearly stewed, add them, and warm the whole up together.

RICE AND MEAT SOUP.—Put a pound of rice and a little pepper and broth herbs into two quarts of water: cover them close, and simmer very softly; put in a little cinnamon, two pounds of good ox-cheek, and boil the whole till the goodness is incorporated by the liquor.

OX-TAIL SOUP.—Two ox-tails, if properly stewed, with a couple of pounds of gravy beef and a bone of ham, will make an excellent soup. Cut the tails into joints, and boil very gently for several hours in a sufficient quantity of water, with the beef and ham, carrots, turnips, and celery, two or three onions, a piece of crust of bread, a bunch of sweet herbs, a clove or two, and some peppercorns. Take out the tails when tender, and let the beef, &c., boil four hours longer, then strain the liquor and remove the fat in the same manner as for clear gravy soup. If made without ham-bones, or other flavoring ingredients, it will require the addition of a little ketchup, or some of the prepared sauces, and a glass of wine, with a moderate quantity of cayenne. Add the tails and some pieces of carrot and turnip cut into fancy shapes.

When thickened ox-tail soup is preferred, proceed in the same manner as above, and thicken the broth with brown roux.

MULLIGATAWNEY SOUP.—A calf's head divided, well cleaned, place with a cow-heel in a well tinned saucepan; boil them till tender, let them cool, cut the meat from the bones in slices, and fry them in butter, stew the bones of the head and heel for some hours; when well stewed, strain, let it get cold and remove the fat. When this is accomplished, cut four onions in slices, flour them, fry them in butter until brown, add a table-spoonful and a half of best curry powder obtainable, cayenne pepper one tea-spoonful with a little salt, turmeric powder sufficient to fill a dessert spoon is sometimes added, but the improvement is not manifest to a refined English palate, the curry powder being deemed all that is necessary; add these last ingredients to the soup, boil gently for about an hour and a half, add two dessert-spoonfuls of Harvey's sauce; serve.

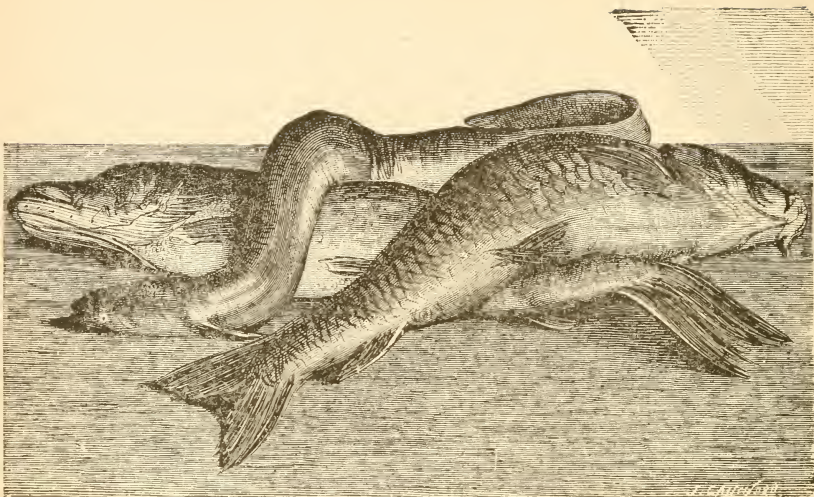
OX-TAIL SOUP.—Same as No. 7; add about three ox-tails, separated at the joints; when the meat upon them is tender it is done; they must not be over stewed; add a spoonful of ketchup or Harvey's sauce, and send to table with pieces of the tail in the soup.



THE TABLE LAID.—THE SOUP SERVED.

A dinner party should consist of an equal number of gentlemen and ladies, those being invited who it is thought will like to meet. It is not necessary to introduce all the members of the party to each other; in a friend's house all talk to each other without introduction, and without this forming any subsequent acquaintance, unless such is desired by both parties.

POTAGE À LA REINE (White Soup).—Stew four pounds of veal, with a slice of ham, sweet herbs, two carrots, two onions, and a half a tea-spoonful of white peppercorns, in four quarts of water until reduced to about five pints, and strain it. Skin and wash thoroughly a couple of fine fowls, pour the veal broth to them, and boil them gently an hour; then lift them out, take off all the white flesh, and mince it small. Then let the bodies of the fowls be put again into the stock, and stewed gently for an hour and a half; add salt and cayenne to season, strain it, skim off the fat; steep in a small portion of it, which should be boiling, four ounces of stale bread, and when it has simmered add it to the flesh of the chickens, and pound them together until they are perfectly blended; then pour the stock to them, and mix them smoothly with it; pass the whole through a sieve, heat it in a clean stew-pan, and stir to it a pint of boiling cream.



FISH.—CARP, EEL, PIKE.

A fresh fish is recognizable by the redness of the gills, the brightness of the eyes, and the firmness of the flesh. It is not enough to be guided by the smell; it may have laid days on ice without acquiring any noticeable smell; but the flesh, in such a case, will be dull and flaccid, and care should be taken not to use fish in that condition.

TO BOIL COD-FISH.—When this fish is large the head and shoulders are sufficient for a handsome dish, and they contain all the choicer portion of it, though not so much substantial eating as the middle of the body, which, in consequence, is generally preferred to them by the frugal housekeeper. Wash the fish, and cleanse the inside, and the backbone in particular, with the most scrupulous care; lay it into the fish-kettle and cover it well with cold water mixed with five ounces of salt to the gallon, and about a quarter of an ounce of saltpetre to the whole. Place it over a moderate fire, clear off the scum perfectly, and let the fish boil gently until it is done. Drain it well and dish it carefully upon a very hot napkin. Serve well-made oyster sauce and plain melted butter with it; or anchovy sauce, when oysters cannot be procured.

Moderate size, twenty to thirty minutes; large, one-half to three-quarters of an hour.

FISH.

All fish should be thoroughly cleansed and well cooked nothing can be more unwholesome and more unpalatable than fresh fish not sufficiently cooked.

Fresh fish, when boiled, should be placed in cold, and shell-fish in boiling water.

To keep oysters after washing them, lay them in a tub in a cool cellar, with the deep part of the shell undermost. Sprinkle them with salt and Indian meal, then fill the tub with cold water. Change the water every day, and the oysters will keep fresh a fortnight.

Fish should be garnished with horse radish or parsley. The only vegetable served with fish is potatoes.

It is customary to eat fish only at the commencement of the dinner. Fish and soup are generally served up alone, the soup first, before any of the other dishes appear.

TO BOIL SALMON, SEA BASS, AND OTHER LARGE FISH. After the fish has been thoroughly cleansed, it may be put on the fire in cold hard water: when it boils, skim it with the greatest care. The cover should be kept on the kettle to prevent soot falling in and discoloring the fish. Fish should be boiled with a handful of salt, and half a tea-cup full of vinegar. It should be subjected to the cooking process until the bones will separate easily; but experience alone can determine the precise moment in which it should be served, to insure its being done throughout, and preserved unbroken.

To judge if a large fish be sufficiently boiled, draw up the fish-plate, and with a thin knife try if the fish easily divides from the bone in the thick parts, which it will when done enough. Keep it hot, not by letting it sadden in the water, but by laying the fish plate cross-ways on the kettle, and covering with a thick cloth. If left in the water after it is ready, fish loses its firmness. Serve fish on a napkin.

It is impossible to dress fish too fresh. Some kinds will bear keeping better than others, but none are improved by it.

Families who purchase a whole salmon, and like it quite fresh, should parboil the portion not required for the day's consumption, and lay it aside in the liquor, boiling up the whole together when wanted. By this means the curd will set, and the fish be equally good on the following day. The custom of serving up rich sauces, such as lobster, is unknown in salmon countries; a little lemon peel or white vinegar being quite sufficient, added to melted butter. Salmon should be garnished with parsley and scraped horse radish.

In the frying of fish, one great point is to prepare it properly

Take, for instance, a flounder, lay it on a cloth, wipe it thoroughly dry on both sides, then dredge it with flour, beat up an egg, and lay it on with a brush strewing on it finely-grated bread or biscuit crumbs; have the fat so boiling hot that all the hissing and bubbling must have subsided before the fish is put in, and let the quantity not be stinted, or the fish, when taken out will be greasy. The fryingpan must be put upon a clear cinder fire, and not left for a moment until the fish is done at a moderate rate, neither too quick nor too slow; and when done, lay it upon a cloth or writing-paper to drain off the fat.

Hog's-lard and butter are the materials most generally used, as are also the drippings from roast meat; for a great prejudice exists in England against frying with oil, arising no doubt partly from expense as well as dislike, although it is more delicate than any fatty substance that can be employed for that purpose. Throughout the southern countries of Europe nothing else is ever used in the frying of either fish or meat of any kind, and dishes thus dressed ever appear superior on the foreign tables to those of our own. The oil, if skimmed when done with, may be employed again until entirely used: and lard, if poured into cold water when melted, will harden on the surface. The largeness of quantity does not therefore occasion additional cost; and even should meat be fried in it after fish, it will occasion no unpleasant flavor.

In *broiling fish*, care should be taken to make the gridiron very hot, and to rub the bars with butter previously to using. Fish prepared for broiling, after it is washed, should be rubbed well with vinegar, dried in a cloth, and floured—the vinegar preserving the skin entire, and the flour preventing it sticking to the bars. A cinder or a charcoal fire is the best, but a little salt thrown on a coal fire will check the smoke, and cause it to burn like embers.

In the dressing of flat fish as *cutlets*, the fillets should be lifted from the bones, and the spine which runs through the centre of the round sorts should be extracted.

The *stewing of fish*, and dressing it in fillets or cutlets, requires considerably more care in the cookery, as well as cost in the ingredients, than either of the previous modes; and as a preliminary to the operation, a gravy should be got ready, to be made in the following manner:—Take out all the bones, cut off the heads and tails, and, if this should not be sufficient, add a flounder, an eel, or any small common fish; stew them with an onion, pepper, salt, and sweet herbs; strain it, and thicken it to the consistence of cream, flavoring with a slight addition of wine or any other sauce. The French employ the commonest sorts of their wine as a *marmade*, or sauce, both for the boiling and stewing of fish.

COD.—A cod-fish should be firm and white, the gills red, and the eye lively: a fine fish is very thick about the neck; if the flesh is at all flabby it is not good. Cod is in its prime during the months of October and November, if the weather be cold; from the latter end of March to May, cod is also very fine. The length of time it requires for boiling depends on the size of the fish, which varies from one pound to twenty: a small fish, about two or three pounds weight will be sufficiently boiled in a quarter of an hour or twenty minutes after the water boils. Prepare a cod for dressing in the following manner:—empty and wash it thoroughly, scrape off all the scales, cut open the belly, and wash and dry it well, rub a little salt inside, or lay it for an hour in strong brine. The simple way of dressing it is as follows: Tie up the head, and put it into a fish-kettle, with plenty of water and salt in it; boil it gently, and serve it with oyster sauce. Lay a napkin under the fish, and garnish with slices of lemon, horse-radish, &c.

COD BAKED.—(1) Soak a fine piece of the middle of a fresh cod in melted butter, with parsley and sweet herbs shred very fine; let it stand over the fire for some time, and then bake it. Let it be of a good color.

COD BAKED.—(2) Choose a fine large cod, clean it well, and open the under part to the bone, and put in a stuffing made with beef suet, parsley, sweet herbs shred fine, an egg, and seasoned with salt, pepper, nutmeg, mace and grated lemon-peel; put this inside the cod, sew it up, wrap it in a buttered paper, and bake it; baste it well with melted butter.

FRIED COD-FISH.—Take the middle or tail part of a fresh cod-fish, and cut it into slices not quite an inch thick, first removing the skin. Season them with a little salt and cayenne pepper. Have ready in one dish some beaten yolk of egg, and in another some grated bread crumbs. Dip each slice of fish twice into the egg, and then twice into the crumbs. Fry them in fresh butter, and serve them up with the gravy about them.

EELS STEWED.—(1) Cut the eels into pieces about four inches long; take two onions, two shallots, a bunch of parsley, thyme, two bay leaves, a little mace, black and Jamaica pepper, a pint of good gravy, the same of Port wine, and the same of vinegar, six anchovies bruised; let all boil together for ten minutes; take out the eels; boil the sauce till reduced to a quart; strain and thicken it with a table-spoonful of flour, mixed smooth in a little cold water. Put in the eels, and boil them till they are tender. Eels may also be roasted with a common stuffing.

EELS STEWED.—(2) Cut the eels into pieces, season well two pounds and a half with salt and black pepper, put an ounce of butter into a stewpan with a large handful of sorrel, three or four sage leaves, half an onion cut small, a little grated lemon-peel, and one anchovy chopped; put in the eels and pour over half a pint of water, stew them gently for half an hour, shaking them occasionally; before serving, add a little grated nutmeg, and the juice of half a lemon.

EELS FRIED.—Cut them into pieces of three or four inches long, and then score across in two or three places; season them with pepper and salt, and dust them with flour, or dip them into an egg beat up, and sprinkle them with finely grated bread crumbs; fry them in fresh lard or dripping. Let them drain and dry upon the back of a sieve before the fire. Garnish with parsley. Sauce.

EELS BAKED.—Skin and clean some eels; take a shallow pan, and cut the eels in length according to the depth of the pan; put them in, letting them stand upright in it; the pan should be filled; put in a little water, some salt, pepper, shallots cut small, some sweet herbs, and a little parsley cut small; set them in the oven to bake; when they are done take the liquor that comes from them, put it into a saucepan, and thicken it with a piece of butter rolled in flour, and a little white wine.

FLOUNDERS BOILED.—(1) Put on a stewpan with a sufficient quantity of water to cover the flounders which are to be dressed: put in some vinegar and horse-radish; when the water boils put in the fish, having been first well cleaned, and their fins cut off; they must not boil too fast for fear they should break; when they are sufficiently done, lay them on a fish plate, the tails in the middle. Serve them with parsley and butter.

FLOUNDERS BOILED.—(2) Wash and clean them well, cut the black side of them the same as you do turbot, then put them into a fish-kettle, with plenty of cold water and a handful of salt; when they come to a boil, skim them clean, and let them stand by the side of the fire for five minutes, and they are ready.

Obs.—Eaten with plain melted butter and a little salt, you have the sweet delicate flavor of the flounder, which is overpowered by any sauce.

FLOUNDERS OR PLAIOE. FRIED OR BOILED.—Flounders are perhaps the most difficult fish to fry very nicely. Clean them well, flour them, and wipe them with a dry cloth to absorb all the water from them; flour or egg and bread-crumbs them.

TO FRY TROUT, AND OTHER SMALL FISH.—Wash, gut, and scale them; then dry them, and lay them on a board, dusting them at the same time with some flour. Fry them finely brown with fresh dripping. Serve with crimp, parsley, and melted butter.

Eels, when fried, should be dipped into egg and crumbs of bread, which materially improvest heir appearance at table.

Select the small eels for boiling, and place them in a small quantity of water; and when done enough, serve with chopped parsley and butter.

CODFISH.—Fresh Cod is good boiled, fried, or made into a chowder. It is too dry a fish to broil. Salt cod should be soaked in lukewarm water till the skin will come off easily—they take up the fish, scrape off the skin, and put it in fresh water and set it on a very moderate fire, where it will keep warm without boiling, as it hardens by boiling. It takes between three and four hours to cook it soft—serve it up with drawn butter.

FISH CAKES—Cold boiled fresh fish, or salt codfish, is nice minced fine, with potatoes, moistened with a little water, and a little butter put in, done up into cakes of the size of common biscuit, and fried brown in pork fat or butter.

TO BROIL A SHAD.—Shad should be well washed and dried. It may be cut in half and broiled, or you may split it open and lay a small quantity of salt over it, and lay it upon a gridiron well buttered. It will broil in about twenty minutes, and should be thoroughly done. Melted butter may be served in a sauceboat with it. Shad is even more palatable when baked than broiled. *To bake Shad* it should be stuffed with mashed potatoes and chopped parsley. Lay it in the oven on a pan which is well covered with butter chopped in pieces, baste the fish with the butter and add fresh quantities as fast as it is absorbed. Half or three quarters of a pound of butter should be used for a large sized shad.

HALIBUT.—Halibut should be cut into slices of four pounds each, and may be baked, or fried. The skin on the back must be scored. When *baked*, use a sufficient quantity of butter to keep it moist. If *boiled*, lay it in the kettle on a strainer, cover it with salted water, boil it slowly half or three quarters of an hour, and skim it well. Garnish it with horse radish, serve it with melted butter. *To fry* Halibut cut it in slices less than an inch thick; and with this, as with all other fish, take care to have plenty of butter, lard, or oil in the pan, and that it be hot before the fish is put in.

MACKEREL BAKED.—Cut off their heads, open them, and take out the roes and clean them thoroughly; rub them on the inside with a little pepper and salt, put the roes in again, season them (with a mixture of powdered allspice, black pepper, and salt, well rubbed together), and lay them close in a baking-pan, cover them with equal quantities of cold vinegar and water, tie them down with strong white paper doubled, and bake them for an hour in a slow oven. They will keep for a fortnight.

MACKEREL BOILED.—This fish loses its life as soon as it leaves the sea, and the fresher it is the better. Wash and clean them thoroughly (the fishmongers seldom do this sufficiently), put them into cold water with a handful of salt in it; let them rather simmer than boil; a small mackerel will be done enough in about a quarter of an hour; when the eye starts and the tail splits, they are done; do not let them stand in the water a moment after; they are so delicate that the heat of the water will break them.

MACKEREL BROILED.—Clean a fine large mackerel, wipe it on a dry cloth, and cut a long slit down the back; lay it on a clean gridiron, over a very clear, slow fire; when it is done on one side, turn it; be careful that it does not burn; send it up with fennel sauce; mix well together a little finely minced fennel and parsley, seasoned with a little pepper and salt, a bit of fresh butter, and when the mackerel are ready for the table, put some of this into each fish.

BAKED SALMON.—A small salmon may be baked whole. Stuff it with forcemeat made of bread-crumbs, chopped oysters, or minced lobster, butter, cayenne, a little salt, and powdered mace,—all mixed well, and moistened with beaten yolk of egg. Bend the salmon round, and put the tail into the mouth, fastening it with a skewer. Put it into a large deep dish; lay bits of butter on it at small intervals; and set it into the oven. While baking, look at it occasionally, and baste it with the butter. When one side is well browned, turn it carefully in the dish, and add more butter. Bake it till the other side is well browned. Then transfer it to another dish with the gravy that is about it, and send it to table.

If you bake salmon in slices, reserve the forcemeat for the outside. Dip each slice first in beaten yolk of egg, and then in the forcemeat, till it is well coated. If in one large piece, cover it in the same manner thickly with the seasoning.

The usual sauce for baked salmon is melted butter, flavored with the juice of a lemon, and a glass of port wine, stirred in just before the butter is taken from the fire. Serve it up in a sauce-boat.

SALMON.—When salmon is fresh and good, the gills and flesh are of a bright red, the scales clear, and the whole fish is stiff. When just killed there is a whiteness between the flakes, which gives great firmness; by keeping, this melts down, and the fish becomes richer.

SALMON, BAKED.—Clean and cut the fish into slices, put it in a dish, and make the following sauce: Melt an ounce of butter, kneaded in flour, in a pint and a half of gravy, with two glasses of Port wine, two table-spoonfuls of catsup, two anchovies and a little cayenne. When the anchovies are dissolved, strain and pour the sauce over the fish, tie a sheet of buttered paper over the dish, and send it to the oven.

SALMON, BOILED.—Put on a fish-kettle, with spring water enough to well cover the salmon you are going to dress, or the salmon will neither look nor taste well. (Boil the liver in a separate saucepan.) When the water boils, put in a handful of salt; take off the scum as soon as it rises; have the fish well washed; put it in, and if it is thick, let it boil very gently. Salmon requires almost as much boiling as meat; about a quarter of an hour to a pound of fish: but practice only can perfect the cook in dressing salmon. A quarter of a salmon will take almost as long boiling as half a one: you must consider the thickness, not the weight: ten pounds of fine full-grown salmon will be done in an hour and a quarter. Lobster sauce.

ROASTED SALMON.—Take a large piece of fine fresh salmon, cut from the middle of the fish, well cleaned and carefully scaled. Wipe it dry in a clean coarse cloth. Then dredge it with flour, put it on the spit, and place it before a clear bright fire. Baste it with fresh butter, and roast it well; seeing that it is thoroughly done to the bone. Serve it up plain; garnishing the dish with slices of lemon, as many persons like a little lemon-juice with salmon. This mode of cooking salmon will be found excellent. A small one or a salmon-trout may be roasted whole.

SMELTS, TO FRY.—This delicate little fish, when perfectly fresh, must not be washed, but wiped with a clean cloth, and dredged with flour, or brushed over with a feather, dipped into the yolk of an egg beaten, and rolled in a plate of finely grated bread-crumbs, and fried in boiling dripping, or fresh lard. They vary in size, and some will be done sooner than others. When of a clear yellow brown, take them out carefully, and lay them before the fire upon the back of a sieve to drain and keep hot. Dish them, heads and tails alternately; garnish with fried parsley. Sauce—melted butter. They may also be broiled.

STRIPED AND SEA BASS, are good, fried, boiled, broiled, or made into a chowder.

BLACK FISH, are the best boiled or fried—they will do to broil, but are not so good as cooked in any other way.

In choosing MACKEREL, the gills should be of a fine red, the eyes full, and the whole fish stiff and bright; if the gills are of a faint color, the fish limber and wrinkled, they are not fresh. They are in season in May and June, and may be boiled or fried.

OYSTERS.—To stew Oysters, open them and strain the liquor. Put to them some grated stale bread, and a little pepper and nutmeg. Throw them into the liquor, and add a glass of white wine. Let them stew but a short time, or they will be hard. Have ready some slices of buttered toast with the crust off. When the oysters are done dip the toast in the liquor, and lay the pieces round the sides and in the bottom of a deep dish. Pour the oysters and liquor upon the toast, and send them to table hot.

TO FRY OYSTERS.—Make a batter; then, having washed your oysters and wiped them dry, dip them into the batter, and roll them in some crumbs of bread and mace finely beaten. Fry them as other fish.

FOR OYSTER PATTIES.—Make some rich puff-paste, and bake it in very small tin patty-pans. When cool, turn them out upon a large dish. Stew some large fresh oysters with a few cloves, a little mace and nutmeg, some yolk of egg boiled hard and grated, a little butter, and as much of the oyster liquor as will cover them. When they have stewed a little while, take them out of the pan, and set them away to cool. When quite cool, lay two or three oysters in each shell of puff-paste.

FOR PICKLING.—Procure some of the largest sort of oysters, and wash four dozen in their own liquor; wipe them dry, strain the liquor off, add to it a dessert-spoonful of pepper, two blades of mace, three table-spoonfuls of white wine, and four of vinegar, and if the liquor is not very salt, you may put one table-spoonful of salt; simmer the oysters for a few minutes in the liquor, then put them into small jars, and boil up the pickle, skim it, and when cold, pour it over the oysters; keep them closely covered.

OYSTERS, FRIED.—(1) Make a batter as for pancakes, seasoned with grated nutmeg, white pepper, and salt, and add some finely grated bread-crumbs; dip in the oysters, and fry them of a light brown in beef drippings.

Another way is, to dip them into the white of an egg beat up, and roll them in finely grated bread-crumbs, seasoned with grated nutmeg, pepper and salt, and fry them as directed.

OYSTERS, FRIED.—(2) The largest and finest oysters are to be chosen for this purpose; simmer them in their own liquor for a couple of minutes, take them out and lay them on a cloth to drain, beard them and then flour them, egg and bread-crumbs them, put them into boiling fat, and fry them a delicate brown.

Obs.—An elegant garnish for made dishes, stewed rump-steaks, boiled or fried fish, &c.; but they are too hard and dry to be eaten.

OYSTERS STEWED.—(1) Stew with a quart of oysters, and their liquor strained, a glass of white wine, one anchovy bruised, seasoned with white pepper, salt, a little mace, and a bunch of sweet herbs; let all stew gently a quarter of an hour. Pick out the bunch of herbs, and add a quarter of a pound of fresh butter kneaded in a large table-spoonful of flour, and stew them ten or twelve minutes. Serve them garnished with bread-sippets and cut lemon. They may be stewed simply in their own liquor, seasoned with salt, pepper, and grated nutmeg, and thickened with cream, flour, and butter.

OYSTERS STEWED.—(2) Open the oysters and strain the liquor. Put to them some grated stale bread, and a little pepper and nutmeg. Throw them into the liquor, and add a glass of white wine. Let them stew but a very short time, or they will be hard. Have ready some slices of buttered toast with the crust off. When the oysters are done, dip the toast in the liquor, and lay the pieces round the sides and in the bottom of a deep dish. Pour the oysters and liquor upon the toast and send them to table hot.

PICKLED OYSTERS.—Take one hundred oysters out of their liquor, and add to them as much water as there was liquor. Put them over the fire, with salt to the taste, skim them, and as soon as they boil take them off. Have ready in a pan one gill of vinegar, one table-spoonful of allspice, one table-spoonful of pepper grains, a little cayenne pepper and mace, half a gill of pepper vinegar and half a gill of common vinegar. They should be pickled the day before they are to be eaten. After standing a few hours, if a scum should have risen on them, take out the oysters and strain the liquor. About six hours before they are to be served, slice a lemon and add to them.

ROASTED OYSTERS.—Wash the shells perfectly clean, put them in pans and set them in the oven, or place them in rows on the top of your kitchen range. Take them up as soon as the shells begin to open, before the liquor is lost; have ready a hot vegetable dish, take out the oysters and serve immediately. Or, the upper shell may be taken off, and the oysters placed on broad dishes in the other shell. The dishes must be well heated, as the oysters should be eaten hot.

BROILED OYSTERS.—Take the largest and finest oysters. See that your gridiron is very clean. Rub the bars with fresh butter, and set it over a clear steady fire, entirely clear from smoke; or on a bed of bright hot wood-coals. Place the oysters on the gridiron, and when done on one side, take a fork and turn them on the other; being careful not to let them burn. Put some fresh butter in the bottom of a dish. Lay the oysters on it, and season them slightly with pepper. Send them to table hot.

OYSTER PIE.—Beard a quart of fine oysters, strain the liquor, and add them to it. Cut into thin slices the kidney fat of a loin of veal; season them with white pepper, salt, mace, and grated lemon-peel; lay them on the bottom of a pie-dish, put in the oysters and liquor, with a little more seasoning; put over them the marrow of two bones. Lay a border of puff paste round the edge of the dish; cover it with paste, and bake it nearly three-quarters of an hour.

OYSTER SOUP.—Boil in water the crumb of two twopenny rolls, with a few blades of mace, a tea-spoonful of whole white pepper, and four onions cut small. Pick out the spice, and rub the bread and onions through a hair sieve, and then add it to three quarts of well-seasoned strong veal stock. Rub down three ounces of butter, with a table-spoonful of flour, and mix it gradually with half a pint of the soup, and then stir all well together. When it has boiled a short time, add with the liquor half a hundred or more of fine oysters, and let the whole simmer for ten or fifteen minutes. If the soup is not quite salt enough with the liquor of the oysters, a little salt may be added.

TO FRY SOFT CLAMS.—Wash the clams well in plenty of water, and lay them on a thickly folded napkin to dry out the water; then roll a few at a time in wheat flour, until they will take up no more. Have a thick-bottomed frying-pan one-third full of boiling hot lard, and salted, (in proportion, a table-spoonful of salt to a pound of lard;) lay the clams in with a fork, one at a time; lay them close together and fry gently, until one side is a delicate brown, then turn carefully and brown the other; then take them off on a hot dish.

LOBSTERS AND CRABS.—Put them into boiling water, and boil them from half to three-quarters of an hour, according to their size. Boil half a tea-cup of salt with every four pounds of the fish. When cold, crack the shell, and take out the meat, taking care to extract the blue veins, and what is called the lady in the lobster, as they are very unhealthy. If the fish are not eaten cold, warm them up with a little water, vinegar, salt, pepper, and butter.

TO DRESS LOBSTERS COLD.—Take the fish out of the shell, divide it into small pieces, mash up the scarlet meat of the lobster, prepare a salad mixture of cayenne pepper, salt, sweet oil, vinegar, and mustard; mix the lobster and the mixture well together, and serve them in the dish in which they were mixed. Lobster is usually dressed at table.

BUTCHER'S MEAT, VENISON, &c.

Meat should be carefully washed and dried with a clean towel before it is cooked. Frozen meat should never be cooked on the same day. Lay it in cold water to thaw, and cook it twice the usual time. To make beef tender, squeeze and pinch it with the fingers. When meat is to be kept any time it should be carefully wiped every day.

The best beef-steaks are cut from the ribs or from the inner part of the sirloin. The rump is generally corned or salted and boiled. The legs, head, and tail, make good soup.

The fore-quarter of a calf comprises the neck, breast, and shoulder. The hind-quarter consists of the loin, fillet, and knuckle. Separate dishes are made of the head, heart, liver, and sweetbread.

The fore-quarter of a sheep contains the neck, breast, and shoulder. The hind-quarter consists of the loin and leg. The two loins together are called the chine or saddle. Mutton is more tender if kept a few days.

In cutting up pork you have the spare-rib, shoulder, chine, the loin, middlings, and leg; the head, feet, heart, and liver. The best parts are the loin and the leg, or the hind-quarter.

Pork, as an invariable rule, should be thoroughly cooked. Venison should be kept several days, after being well washed with milk and water and then thoroughly dried.

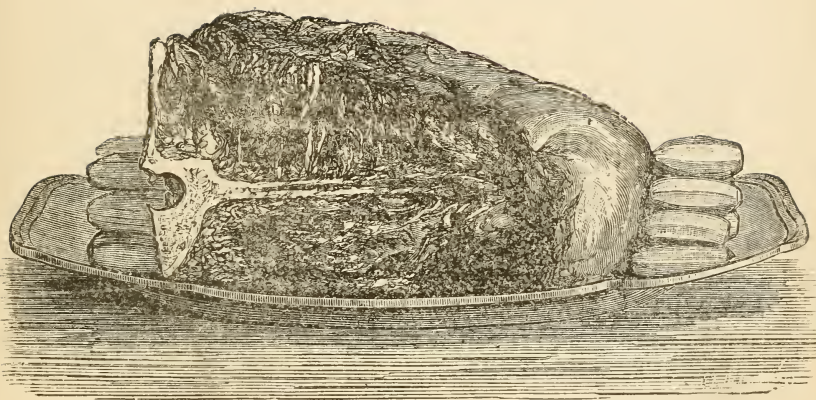
ROAST BEEF.—When the meat is put on the fire, a little salt should be sprinkled on it, and the bony side turned towards the

fire first. When the bones get well heated through, turn the meat, and keep a brisk fire—baste it frequently while roasting. There should be a little water put into the dripping-pan when the meat is put down to roast. If it is a thick piece, allow fifteen minutes to each pound to roast it in—if thin, less time will be required. The tender-loin, and first and second cuts off the rack, are the best as roasting pieces. The third and fourth cuts are good.

ALAMODE BEEF.—Tie up a round of beef so as to keep it in shape: make a stuffing of grated bread, suet, sweet herbs, quarter of an ounce of nutmeg, a few cloves pounded, yolk of an egg. Cut holes in the beef, and put in the stuffing, leaving about half the stuffing to be made into balls. Tie the beef up in a cloth, just cover it with water, let it boil an hour and a half; then turn it, and let it boil an hour and a half more; then turn out the liquor, and put some skewers across the bottom of the pot, and lay the beef upon it, to brown; turn it that it may brown on both sides. Put a pint of claret and some allspice and cloves into the liquor, and boil some balls made of the stuff in it.

BEEF ALAMODE.—Take about eleven pounds of the mouse buttock, or clod of beef, or a blade-bone, or the sticking-piece, or the like weight of the breast of veal; cut it into pieces of three or four ounces each; put three or four ounces of beef drippings, and mince a couple of large onions, and put them into a large deep stew-pan; as soon as it is quite hot, flour the meat, put it into the stew-pan, keep stirring it with a wooden spoon; when it has been on about ten minutes, dredge it with flour, and keep doing so till you have stirred in as much as you think will thicken it; then cover it with boiling water (it will take about a gallon), adding it by degrees, and stirring it together skim it when it boils, and then put in one drachm of ground black pepper, two of allspice, and two bay-leaves; set the pan by the side of the fire, or at a distance over it, and let it stew very slowly for about three hours; when you find the meat sufficiently tender, put it into a tureen, and it is ready for table.

FRIED BEEF'S KIDNEY.—Clean all the fat off the kidney, cut it open and take out the fibre which runs through it; put it in a stew-pan with a very little water and some salt, and cook it till it is tender; then season it with pepper and more salt if required, flour it and fry it in hot lard; add a little flour and water to make the gravy.



ROAST SIRLOIN OF BEEF.

ROAST SIRLOIN OF BEEF.—Take a piece of sirloin, comprising the best part of the fillet ; saw off the chine bone ; flatten the flap and tie it under to the fillet ; trim the joint ; tie a layer of suet over the fillet and cover the sirloin with buttered paper ; tie it up, and put it on the spit, to roast before an even fire ; ten minutes before the meat is done take off the paper and sprinkle the joint with salt.

RIBS OF BEEF À LA MODE.—Trim and prepare three short ribs of beef by inserting in the round, fleshy part long, square slices of bacon seasoned with spice and herbs ; and braise them with their trimmings and carrot, celery, garnished bouquet and parsley, thyme and bay-leaf, salt, an onion stuck with a dozen cloves, and enough stock or water to cover the beef. Set the beef to boil very gently over a slow fire, with live embers on the lid of the braizing-pan ; and when it has stewed in this manner for about four hours, take it up and trim it neatly without waste, and place it on its dish in the hot closet. Next free the stock from grease, strain and clarify it, and having boiled it down to the consistency of half glaze, it may be sauced with tomato or piquante sauce.



ROAST LEG OF MUTTON.

ROAST LEG OF MUTTON.—Take a six pound leg of mutton; saw off the shank bone one and a half inches below the knuckle; put it on the spit to roast before an even fire for an hour and a half; put two gills of broth in the dripping-pan and baste well during cooking; sprinkle with two pinches of salt five minutes before taken from the fire.

AN IRISH STEW.—Take *two* pounds of small mutton cutlets, with or without fat, according to the taste of the persons to whom the stew is to be served; take also *four* pounds of good potatoes, weighed after they are pared; slice them thick, and put a portion of them in a flat layer into a large, thick sauce-pan or stew-pan; season the mutton well with pepper (half an ounce) and place some of it on the potatoes; cover it with another layer, and proceed in the same manner with all, reserving plenty of the vegetable for the top; pour in *three-quarters* of a pint of cold water, and add, when the stew begins to boil, *an ounce* of salt; let it simmer gently for two hours, and serve it very hot. When the addition of onion is liked, strew some minced over the potatoes. Quantity needed; mutton cutlets, two pounds; potatoes, four pounds; pepper, half an ounce; salt, one ounce; water three-quarters of a pint; two hours.

For a real Irish stew the potatoes should be boiled to a mash; an additional quarter of an hour may be necessary for the full quantity here, but for half of it two hours are sufficient.

Or you may broil it instead of frying it, after it has been par-boiled.

BOILED CORNED BEEF.—Put on the meat in cold water; allow one quart of water to every pound of meat. The slower it boils the better it will be. For every pound of meat let it boil fifteen minutes; thus, a piece of beef weighing twelve pounds should boil three hours. If the beef is to be eaten cold—as soon as it is taken out of the pot immerse it in cold water for a short time, in order to retain the juices.

Tongues are boiled in the same manner.

TO BROIL BEEF STEAKS.—Cut the steaks off a rump or ribs of a fore-quarter; beat them well with a rolling-pin. Have the gridiron perfectly clean and heated over a clear quick fire; lay on the steaks, and, with meat-tongs, keep turning them constantly, till they are done enough; throw a little salt over them a little before taking them off the fire. Serve them as hot as possible, plain, or with a made gravy and sliced onion, or rub a bit of butter upon the steaks the moment of serving. The tender-loin is the best piece for broiling.

BEEF STEAK PIE.—Take some fine rump steaks, beat them with a rolling-pin, then season them with pepper and salt according to taste. Make a good crust, lay in your steaks, fill your dish, then pour in as much water as will half fill the dish. Put on the crust, and bake it well.

BOUILLI.—The best parts for this purpose are the leg or shin, or a piece of the middle of a brisket of beef, of about seven or eight pounds weight; lay it on a fish drainer, or when you take it up, put a slice under it, which will enable you to place it on the dish entire; put it into a soup-pot or deep stew-pan, with cold water enough to cover it, and a quart over, set it on a quick fire to get the scum up, which remove as it rises; then put in two carrots, two turnips, two leeks, or two large onions, two heads of celery, two or three cloves, and a faggot of parsley and sweet herbs; set the pot by the side of the fire to simmer very gently, till the meat is just tender enough to eat; this will require about four or five hours.

Put a large carrot, a turnip, a large onion, and a head or two of celery, into the soup, whole.—take them out as soon as they are done enough, lay them on a dish till they are cold, then cut them into small squares:—when the beef is done take it out carefully,—strain the soup through a hair sieve into a clean stew-pan, take off the fat, and put the vegetables that are cut

into the soup, the flavor of which you may heighten, by adding a table-spoonful of ketchup.

TRIPE—After being scoured, should be soaked in salt and water seven or eight days, changing the water every other day. Then boil it till tender, which will take eight or ten hours. It is then fit for broiling, frying, or pickling. It is pickled in the same manner as souse.

TONGUE, &c.—Neat's tongue should be boiled full three hours. If it has been in salt long, it is well to soak it overnight in cold water. Put it to boil when the water is cold. If you boil it in a small pot, it is well to change the water, when it has boiled an hour and a half; the fresh water should boil before the half-cooked tongue is put in again. It is nicer for being kept in a cool place a day or two after being boiled. Nearly the same rules apply to salt beef. A six-pound piece of corned beef should boil full three hours; and salt beef should be boiled four hours.

BEEF PRESSED.—Salt a piece of brisket (thin part of the flank) or the tops of the ribs, with salt and saltpetre, five days, then boil it gently till extremely tender; put it under a great weight, or in a cheese-press, till perfectly cold. It eats excellently cold, and for sandwiches.

BEEF HASHED.—Take three or four onions, chop them very fine, and put them into a stew-pan, with a piece of butter and a little flour; stir it over the fire till nearly done and well browned; then moisten them with a little stock and half a glass of wine, adding some salt and coarse pepper; let them stew till they are thoroughly done, and very little sauce remains; then put in the cold beef, minced small, and let the whole simmer till it has taken the flavor of the onion. When you serve, add a spoonful of mustard and a little vinegar.

BEEF TO SALT FOR IMMEDIATE USE.—Salt a round of beef, moderately upon the tops and sides, put it upon sticks, or the tongs of a cheese-tub, over a tub of cold water, and the salt will be drawn through it, so that it will be fit for boiling next day.

ANOTHER METHOD IS—To rub for half an hour into any piece of beef a good quantity of salt, and let it lie for three or four days without touching it, when it may be used.



VEAL.—CALF'S HEAD AND FEET.

The pieces of veal used for roasting are : the neck, loin, and chump end of the loin ; never buy any but very white veal, with clear, transparent fat. Avoid lean veal of a reddish tint, and the kidney of which is surrounded by red-looking fat.

ROAST LOIN OF VEAL.—It is not usual to stuff a loin of veal, but we greatly recommend the practice, as an infinite improvement to the joint. Make some forcemeat and insert it between the skin and the flesh just over the ends of the bones. Skewer down the flap, place the joint at a moderate distance from a sound fire, keep it constantly basted, and be especially careful not to allow the kidney fat to burn ; to prevent this, and to ensure the good appearance of the joint, a buttered paper is often fastened round the loin, and removed about half an hour before it is taken from the fire. Serve *egg-sauce* and brown gravy with roast loin or breast of veal.

Separate the skin from the flank with a sharp knife, quite from the end to the place where the forcemeat is to be put, and then skewer the whole very securely. When the veal is not papered dredge it well with flour soon after it is laid to the fire.

Time from two to two and one-half hours.



FRUIT.

Some fruits are of the highest value as articles of food, whilst others are generally regarded as articles of luxury. The coolness of succulent fruits renders them peculiarly grateful in warm climates, and are always welcome and refreshing as a dessert.

GENUINE SCOTCH MARMALADE.—Take some bitter oranges, and double their weight of sugar; cut the rind of the fruit into quarters and peel it off. Cut the chips as thin as possible, removing the seeds, which may be steeped in part of the water that is to make the marmalade, and which must be in the proportion of a quart to a pound of fruit. Put the chips and pulp into a deep earthen dish, and pour the water boiling over them; let them remain for twelve or fourteen hours, and then turn the whole into the preserving pan, and boil it until the chips are perfectly tender. When they are so, add by degrees the sugar and boil it. The water in which the seeds have been steeped should be poured into a hair-sieve, and the seeds well worked in it; a strong, clear jelly will be obtained by this means, which must be washed off them by pouring their own liquor through the sieve in small portions over them. This must be added to the fruit when it is first set on the fire.

BEEF MINCED.—Take some cold roasted fillet of beef, cut out all the fat and suet, then chop the meat as fine as possible, and put it into a reduced Spanish sauce made boiling hot; when ready to serve, add a bit of butter to it. Serve your mince with soft boiled eggs round it, or with pieces of toasted bread.

VEAL.

VEAL.—The fillet is the favorite joint, but when merely roasted, the meat is close, heavy, and not very desirable. Take out the bone and fill the orifice with fat or stuffing; stuff it also well under the skin, with bread, sage, chopped onions, and parsley. Serve it up with melted butter and send a lemon to table.

The breast is frequently roasted, but is not suited to the spit.

Veal should **BOIL** about an hour, if a neck-piece; if the meat comes from a thicker, more solid part, it should boil longer. Both mutton and veal are better for being boiled with a small piece of salt pork. Veal broth is very good.

VEAL CUTLETS.—A very nice way to cook cutlets is to make a batter with half a pint of milk, an egg beaten to a froth, and flour enough to render it thick. When the veal is fried brown, dip it into the batter, then put it back into the fat, and fry it until brown again. If you have any batter left, it is nice dropped by the large spoonful into the fat, and fried till brown, then laid over the veal. Thicken the gravy and turn it over the whole. It takes about an hour to cook this dish. If the meat is tough, it will be better to stew it half an hour before frying it.

To **ROAST** a fillet of veal, it should be stuffed with the following ingredients:—thyme, marjoram, parsley, savory, finely minced lemon-peel, mace, pepper, nutmeg, with bread-crumbs; to which add two eggs, and four ounces of marrow-suet: lay this stuffing in the udder, and, if any remain, in such holes as you think proper made in the fleshy part. Serve with melted butter, and garnish with the lemon-peel sliced.

PLAIN VEAL PIE.—Take the best end of a neck of veal, cut it in pieces, season it with pepper and salt, and stew in just enough water to cover it. When it is nearly done make a rich gravy with some butter rolled in flour, added to the water it was stewed in.

Line the sides of a deep pie-dish with paste, put in the meat and pour in the gravy, roll out a sheet of paste and cover the top; cut an opening in the centre of the top, about three inches long, and another to cross it at right angles: turn back the four

corners, and ornament with bars of paste twisted and laid over. Set it in the oven, and when the crust is done send it to the table in the dish it was baked in.

VEAL BREAST, WITH GREEN PEAS.—Make a quart of gravy with the scrag end; strain it; cut the rest of the veal into small pieces of nearly an equal size; put it into a stew-pan with the gravy, some pepper, salt, mace, half an ounce of butter, and a quart of green peas. Cover the pan closely, and let it stew nearly two hours; then put in a lettuce cut small, and let it stew half an hour longer. A little before serving, add half an ounce of browned butter, mixed with a little flour.

VEAL PATTIES.—Mince some under-done veal with a little parsley, one or two sage leaves, a very little onion; sea-on with grated lemon-peel, nutmeg, pepper, and salt; add some grated lean ham or tongue, moisten it with some good gravy, heat it up, and put it into the patties.

TO ROAST SWEET-BREADS.—Sweet-breads should be soaked in warm water, and then blanched by being thrown into boiling water, boiled for a few minutes, and then put into cold water. They may then be larded and roasted, or fried, and afterwards stewed in butter with crumbs of bread. Sweet-breads may also be larded and braised, and being of themselves rather insipid, they will be improved by a relishing sauce and by a large quantity of herbs in the braise. Skins of lemon put upon the sweet-breads while braising will heighten the flavor, and keep them white; which is very desirable when sent to table with white sauce. The usual sauce with which they are served is butter and mushroom ketchup. They may be roasted in a Dutch oven.

MUTTON AND LAMB.

In **ROASTING** mutton or lamb, the loin, the chine, and the saddle must have the skin raised and skewered on; and, when nearly done, take off this skin, and baste and flour to froth it up. Six or seven pounds of mutton will roast in an hour and a half; Lamb one hour.

In regard to **BOILING**, mutton enough for a family of five or six should boil an hour and a half. A leg of lamb should boil an hour, or little more than an hour, perhaps. Put a little thickening into boiling water; strain it nicely; and put sweet butter in it for sauce. If your family like broth, throw in some clear rice when you put in the meat. The rice should be in

proportion to the quantity of broth you mean to make. A large table-spoonful is enough for three pints of water. Seasoned with a very little pepper and salt. Summer-savory, or sage, rubbed through a sieve, thrown in.

MUTTON LEG.—If your leg of mutton is roasted, serve with onion or currant-jelly sauce; if it is boiled, serve with capersauce and vegetables. In roasting or boiling, a quarter of an hour is usually allowed for each pound of meat.

MUTTON BREAST, ROASTED WITH WINE.—Skin and bone a breast of mutton, then roll it up in a collar like a breast of veal. Roast it, and baste it with half a pint of red wine; when you have used up all the wine, finish basting with butter. Have a little good gravy in readiness, and when the mutton is done, set it upright in a dish, pour in the gravy, prepare sweet sauce the same as for venison, and send it up to table without any garnish.

MUTTON LEG STUFFED.—Make a stuffing with a little beef-suet chopped, some parsley, thyme, marjoram, a little grated lemon, nutmeg grated, pepper, salt, and a few bread-crumbs; mix all together with the yolk of an egg, put this under the skin in the thickest part of a leg of mutton under the flap, then roast it, and serve it to table with some good gravy in the dish.

LEG OF MUTTON BOILED.—Wash a leg of mutton, dredge it well with flour, and wrap it in a cloth, then put it in a pot of hot water, and boil according to its weight. Serve with drawn butter or parsley sauce, with boiled vegetables and pickles.

When intended for roasting, mutton should hang as long as it will keep, the hind-quarter particularly.

Mutton for boiling ought not to hang long, as it will prevent its looking of a good color.

TO HARRICO MUTTON.—Take a loin of mutton, parboil it. Make a rich gravy with part of the water the meat has been boiled in. Take carrots, turnips, onions. Lay the meat into a pan, pour the gravy over it, and then lay the vegetables. Put it into a stew-pan, and set it in the oven for two hours.

MUTTON CHOPS.—Cut the chops very nicely, pare off the fat, and fry them a fine brown, having first seasoned them with salt, and if the chops are thick, beat them tender. Pile them up like hop-poles in the dish, with the bones meeting at the

top, and place between each a slice of bread fried in butter. The fire over which they are roasted should be moderate, and the chops frequently turned, that they may not burn.

LAMB—Is a delicate, and commonly considered tender meat; but those who talk of tender lamb, while they are thinking of the age of the animal, forget that even a chicken must be kept a proper time after it has been killed, or it will be tough picking. To the usual accompaniments of roasted meat, green mint sauce, and a salad, is commonly added; and some cooks, about five minutes before it is done, sprinkle it with a little fresh-gathered and finely minced parsley. Lamb, and all young meats, ought to be thoroughly done; therefore do not take either lamb or veal off the spit till you see it drop white gravy. When green mint cannot be got, mint vinegar is an acceptable substitute for it; and crisp parsley on a side plate, is an admirable accompaniment.

Hind-Quarter, of eight pounds, will take from an hour and three-quarters to two hours; baste and froth it. The leg and the loin of lamb, when little, should be roasted together; the former being lean, the latter fat, and the gravy is better preserved.

Fore-Quarter, of ten pounds, about two hours. It is a pretty general custom, when you take off the shoulder from the ribs, to squeeze a Seville orange over them, and sprinkle them with a little pepper and salt. This may as well be done by the cook before it comes to table; some people are not remarkably expert at dividing these joints nicely.

Leg, of five pounds, from an hour to an hour and a half.

Shoulder, with a quick fire, an hour.

Ribs, about an hour to an hour and a quarter: joint it nicely, crack the ribs across, and divide them from the brisket after it is roasted.

Loin, an hour and a quarter.

Neck, an hour.

Breast, three-quarters of an hour.

LAMB BREAST.—Cut it into pieces, and stew it in a weak stock, with a glass of port wine; add pepper and salt. When it is perfectly tender, thicken the sauce with butter and flour. Have ready cucumbers stewed in gravy, put them over the lamb before serving. A breast of mutton may be served in the same way.

LAMB SHOULDER, GRILLED.—Boil it; score it in chequers about an inch square, rub it over with the yolk of an egg, pep-

per and salt it, strew it with bread-crumbs and dried parsley, or sweet herbs, and *carbonado*, *i. e.* grill, *i. e.* broil it over a clear fire, or put it in a Dutch oven till it is a nice light brown; send up some gravy with it, or make a sauce for it of flour and water, well mixed together, with an ounce of fresh butter, a table-spoonful of mushroom or walnut ketchup, and the juice of half a lemon. Breasts of lamb are often done in the same way, and with mushroom or mutton sauce.

LAMB CHOPS.—Cut a neck or loin of lamb into chops; rub them over with the beaten yolk of an egg; dip them into grated bread, mixed with plenty of chopped parsley, and season with lemon-peel, pepper, and salt; fry them a light brown in good dripping; make a sauce with the trimmings, and thicken the sauce with butter rolled in flour; add a little lemon pickle and mushroom ketchup. Garnish with fried parsley. They may be served with or without the gravy.

PORK.

Fresh pork should be cooked more than any other meat.

To ROAST PORK.—Lay it at some distance from the fire, and flour it well. When the flour dries, wipe the pork clean with a coarse cloth; then cut the skin in rows with a sharp knife, put your meat close to the fire, and roast it as quick as possible. Baste with butter and a little dry sage. Some persons add onions finely shred.

ROASTED PIG.—A pig to roast is best from three to four weeks old. Prepare a stuffing with slices of bread and butter, sprinkled well with chopped sage, and seasoned with pepper and salt, laying five or six slices one upon another, and put them into the inside of the pig; skewer it well, to prevent it from falling out, and then spit it, previously rubbing it over with sweet oil; put it down before a moderate fire, to roast for two hours, more or less, according to its size; when thoroughly done, take off the head, and split the pig straight down the back; then dish up the two halves, and splitting the head, lay half at each end of the dish, pour some good strong gravy under it, and serve hot. Some persons prefer to have the pig baked, instead of roasted; it is equally good either way.

HAMS.—To *boil* a ham, soak it according to its age, for twelve or twenty-four hours. Put it into a large saucepan full of

cold water, and if a small one, let it simmer for two or three hours, and then boil an hour and a half. Let it stand in the liquor until perfectly cold. Then take off the skin.

The Virginia method of *curing* hams, (which is considered very superior,) is to dissolve two ounces of salt-petre, two teaspoonsful of saleratus, in a salt pickle, as strong as possible; for every sixteen pounds of ham, add molasses in the proportion of a gallon to a hogshead of water, then put in the hams and let them remain three or four weeks. Then take them out of the brine and smoke them with the hocks downward, to preserve the juices. They will smoke tolerably well in the course of a month; but they will be much better to remain in the smoke-house two or three months. Hams cured in this manner are well-flavored, and will keep a long time.

SOUSE.—Take pig's ears and feet, clean them thoroughly, then soak them in salt and water, for several days. Boil them tender and split them, they are then good fried. If you wish to souse them when cold, turn boiling vinegar on them, spiced with pepper-corns and mace. Cloves improve the taste, but it turns them a dark color. Add a little salt. They will keep good pickled five or six weeks. Fry them in lard.

SAUSAGES.—Chop fresh pork very fine, the lean and fat together. Then fill the skins which should be previously cleaned thoroughly. A little flour mixed in with the meat, tends to prevent the fat from running out when cooked. Sausage-meat is good, done up in small cakes and fried. In summer, when fresh pork cannot be procured, very good sausage-cakes may be made of raw beef, chopped fine with salt pork, and seasoned with pepper and sage. When sausages are fried, they should not be pricked, and they will cook nicer to have a little fat put in the frying pan with them. They should be cooked slowly. If you do not like them very fat, take them out of the pan when nearly done, and finish cooking them on a gridiron. Bologna sausages are made of equal weight each, of ham, veal, and pork, chopped very fine, seasoned high, and boiled in casings till tender, then dried.

VENISON.

TO ROAST VENISON.—Take a haunch and spit it; batter four sheets of paper and put two on the haunch; then make a paste with flour, butter, and water; roll it out half as big as the haunch, and put it over the fat part; then put the other two sheets of paper on, and tie them with pack-thread; lay it to a brisk fire, and baste it well all the time of roasting. If a large

naunch of 24 lbs., it will take three hours and a half, except it is a very large fire; then three hours will do: smaller in proportion.

Take either of these sauces for venison: Currant jelly warmed; or half a pint of red wine, with a quarter of a pound of sugar simmered over a clear fire for five or six minutes; or half a pint of vinegar and a quarter of a pound of sugar, simmered to syrup.

The venison that is left after roasting may be *hashed*, and stewed with currant jelly, when it makes an excellent dish.

VENISON PASTRY—Should be baked two hours or more

RABBITS.—To *Fricasee* a rabbit cut it in pieces, reserve the liver; put a piece of bacon cut in slices into a stew pan, brown it well and lay it aside; put the rabbit in the pan with a piece of butter; turn and toss the rabbit well until it is quite white. When it is getting brown dredge a spoonful of flour over it, turning all the while, and when the flour is dry put the rabbit in a plate. Then add another piece of butter to the remaining sauce, and stir it well together, and when brown add a cupful of water; continue stirring, and put in the rabbit with plenty of very small onions, the bacon, some mushrooms, a bunch of parsley, and some salt and pepper; let it stew very gently over a slow fire for four hours. Add the liver and a glass of port wine one hour before serving, and should there not be sufficient sauce, a little gravy from time to time, put in hot.

When a rabbit is roasted it should first be well stuffed. Serve it with sauce made of liver, parsley, and melted butter.

Rabbits may be stewed, or fried, or baked in a pie.

RABBIT PIE.—Cut a couple of young rabbits into quarters, and bruise a quarter of a pound of bacon in a mortar, with the livers, some pepper, salt, a little mace, parsley, cut small, and a few leaves of sweet basil; when these are all beaten fine, line your pie-dish with a nice crust, then put a layer of the seasoning at the bottom of the dish, and put in the rabbits; pound some more bacon in a mortar, mix with it some fresh butter, and cover the rabbits with it, and over that lay thin slices of bacon; put on the cover, and place it in the oven; it will be done in about two hours; when baked, take off the cover, take out the bacon, and skim off the fat, and if there is not a sufficient quantity of gravy, add some rich mutton or veal gravy.

RABBIT, BROILED.—Take a couple of young rabbits, cut them up, and put them to steep for a few hours in a little oil, mixed with parsley, leeks, a few mushrooms, and a clove of garlic, all *shred* fine; salt and pepper; roll each piece of rabbit in a rasher

of bacon, and put them, with a part of the seasoning, into pieces of white paper; butter the papers inside; broil upon a gridiron over a very slow fire, and serve hot in the papers.

POULTRY, GAME, &c.

Half-grown poultry is not so good as the full-grown, when it is still young. Old poultry is always tough, especially geese. To discover whether poultry is young, observe if the skin is thin and tender, the feet moist and limber, the eyes full and bright. The bill and feet of a young goose are smooth and yellow, of an old one they are red and hairy. When poultry is eaten on the same day it is killed, it is stringy and often tough.

In drawing poultry the gall should not be broken.

If the poultry is scalded it can be picked with greater facility—this is more necessary for wild fowl than any other. The hairs about the skin may be singed off by lighting a piece of twisted paper and holding the poultry over it. The head, neck, and feet of tame fowl are cut away—the legs are fastened to the body by a string tied around it. No skewers are necessary.

ROAST CHICKENS.—An hour is enough for common sized chickens to roast. A smart fire is better than a slow one; but they must be tended closely. Slices of bread, buttered, salted, and peppered, put into the stomach (not the crop) are excellent.

CHICKENS BOILED.—When they are drawn and trussed, lay the chickens in skim milk for about two hours. Then put them into cold water, cover them close, and set them over a slow fire, and skim them well. As soon as they have boiled slowly, take them from the fire, and let them remain in the water close covered for half an hour; then drain and serve with white sauce.

CURRIED.—Take the skin off of it; cut up a chicken, and roll each piece in curry powder and flour (mix together a spoonful of flour to half an ounce of curry) fry two or three sliced onions in butter; when of a light brown, put in the meat and fry them together till the meat becomes brown; then stew them together with a little water for two or three hours. More water may be added if too thick.

FRICASSEED.—The chickens are cut to pieces, and covered with warm water to draw out the blood. Then put into a stew pan, with three-quarters of a pint of water, or veal broth, salt,

pepper, flour, butter, mace, sweet herbs pounded and sifted; boil it half an hour. If it is too fat, skim it a little. Just before it is done, mix the yolk of two eggs with a gill of cream, stir it up till it is thick and smooth, squeeze in half a lemon. If you like onions, stew some slices with the other ingredients.

CHICKEN PIE—Cut up two young fowls, season them with cayenne pepper and salt. Put the cut chicken, with slices of ham and hard egg, into a deep dish covered with paste—pour the dish half full of cold water, or if you have any cold gravy, that will be better—fill the dish with the gravy—add an onion or a few mushrooms—cover the dish with a light paste, and bake the pie until the crust is quite brown.

CHICKEN SALAD.—Boil a chicken that weighs not more than a pound and a half. When very tender, take it up, cut it in small strips, and make the following sauce, and turn over it; boil four eggs three minutes—then take them out of the shells, mash and mix them with a couple of table-spoonfuls of olive-oil, or melted butter, two-thirds of a tumbler of vinegar, a tea-spoonful of mixed mustard, a tea-spoonful of salt, a little pepper, and essence of celery, if you have it—if not, it can be dispensed with. In making Chicken Salad, the dressing should not be put on till a few minutes before the salad is sent in; as by lying in it, the chicken and celery will become hard.

DUCKS.—Ducks may be roasted as soon as killed. Keep a clear bright fire. Let them be done of a light brown; but if wild they should not be much roasted, or the flavor will be spoiled. They take about an hour to roast, and should be well basted. The livers and gizzard are parboiled, chopped fine, and thrown into the gravy.

Canvas-back ducks are roasted in half an hour: they should always be served with currant-jelly. For tame ducks apple-sauce is more appropriate.

TO STEW A DUCK WITH CLARET.—Make a gravy of the giblets; rub the duck inside and outside with pepper and a little salt; peel and mince two or three onions, and having half roasted the duck, put it into a stew-pan with the gravy and onions. Stew it gently for two hours, adding towards the end a glass of claret or port wine. Squeeze the juice of a lemon over the duck, and serve it with toasted bread.

What remains of a roasted wild duck, may be warmed the next day in heaters with a little currant-jelly, when it is excellent.

Ducks may be hashed and stewed with a glass of port wine thrown into the gravy.

TO ROAST A GOOSE.—Chop a few sage-leaves and two onions very fine, mix them with a good lump of butter, a tea-spoonful of pepper, and two of salt; put it in the goose. Then spit it, lay it down, and dust it with flour; when it is thoroughly hot, baste it with nice lard. If it be a large one, it will require an hour and a half before a good clear fire. When it is done enough, dredge and baste it, pull out the spit, and pour in a little boiling water. It may be stuffed with bread or potatoes, and should be served with apple-sauce.

GOOSE PIE.—Bone a goose, season it well with pepper and mace, lay the meat in your dish, and place on the top of it eight ounces of good fresh butter; cover with a good crust, and bake it in a slow oven. There is no necessity for boning the goose, if inconvenient.

TURKEYS.—A good-sized turkey should be roasted two hours and a half, or three hours—very slowly at first. If you wish to make plain stuffing, pound a cracker, or crumble some bread very fine, chop some raw salt pork very fine, sift some sage, (and summer-savory, or sweet marjoram, if you have them in the house, and fancy them,) and mould them together, seasoned with a little pepper. An egg worked in makes the stuffing cut better.

A turkey for *boiling* should be prepared in the same manner as one for roasting. If you wish to have it look white, tie it up in a cloth, unless you boil rice in the pot. If rice is used, put in two-thirds of a tea-cup. The most approved fashion is to send boiled turkey to table with oysters in their sauce in a small tureen.

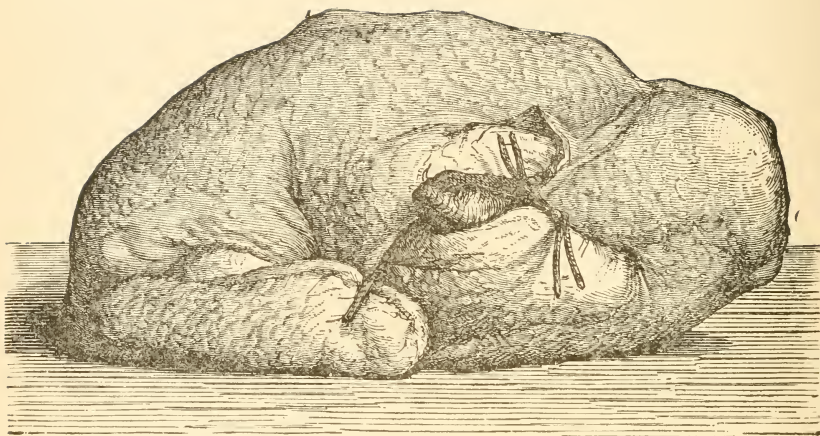
TURKEY, HASHED.—Cut up the remains of a roasted turkey, put it into a stewpan, with a glass of white wine, chopped parsley, shallots, mushrooms, truffles, salt and pepper, two spoonfuls of cullis, and a little stock; boil half an hour, and reduce to a thick sauce; when ready, add a pound of anchovy, and a squeeze of lemon; skim off all the fat from the sauce, and serve all together.

TURKEY, ROASTED.—It may be either stuffed with sausage meat, or stuffing the same as for fillet of veal. As this makes a large addition to the size of the bird, take care that the heat of the fire is constantly to that part, as it frequently happens that the breast is not sufficiently done. A strip of paper should be put on the bone to prevent its scorching, while the other parts are roasting. Baste well, and froth it up. Serve with gravy in the dish, and bread sauce in a sauce tureen. A few bread-



Pheasants should be selected with the spur but little developed ; the tenderness of the bird is known by trying the flesh of the pinion. Wood-cocks, as well as water-fowl (such as wild ducks, teal, widgeon, etc.), can be tried by pinching the pinion and breast. The age of partridges can be ascertained by examining the long feathers of the wing, round at the tip in an old bird, and pointed in a young.

There are few occasions, we think, in which the contents of the dripping-pan can be introduced at table with advantage; but in dressing moor game, we would strongly recommend the toast to be laid in it under the birds, as it will afford a superior relish.



TURKEY TRUSSED FOR BRAIZING.

A good turkey will be recognized by the whiteness of the flesh and fat. Beware of those with long hairs, and whose flesh, on the legs and back, is of a violet tinge.

PARTRIDGES WITH MUSHROOMS.—For a *brace* of young, well-kept birds prepare from half to three-quarters of a pint of mushroom-buttons. Dissolve over a gentle fire an ounce and a half of butter, throw in the mushrooms with a slight sprinkling of salt and cayenne, simmer them from eight to ten minutes, and turn them with the butter on to a plate; when they are quite cold, put the whole into the bodies of the partridges, sew them up, truss them securely, and roast them on a vertical jack with the heads downwards; or, should an ordinary spit be used, tie them firmly to it, instead of passing it through them. Roast them the usual time, and serve them with brown mushroom sauce, or with gravy and bread sauce only. The birds may be trussed like boiled fowls, floured, and lightly browned in butter, half covered with *rich* brown gravy, and stewed slowly for *thirty minutes*; then turned, and simmered for another half hour with the addition of some mushrooms to the gravy; or they may be covered with small mushrooms stewed apart, when they are sent to table.

crumbs, and a beaten egg should be added to the stuffing of sausage meat.

TURKEY, STUFFED WITH SAUSAGES AND CHESTNUTS.—Roast what quantity of chestnuts you think necessary, peel them, and pound a part of them to make a *farce*, with the liver, chopped parsley, shallots, a little salt and pepper, a bit of butter, and the yolks of three raw eggs; put this *farce* into the crop, and stuff the body with the whole chestnuts and small sausages, first fried in butter till about half done; cover the turkey with slices of bacon, and put paper over that; then roast it, and serve with a chestnut cullis.

BOILED TURKEY.—Draw your turkey, wash it clean, season it with salt, but no pepper. Make a force-meat of cold veal finely minced, a little grated ham; pepper and salt to the taste; add also a little grated nutmeg and powdered mace. Fill the crop of the turkey with this force-meat, tie or skewer it well. Dredge flour over it, and wrap it in a napkin. Put it in a large pot with plenty of water which has been salted. Let it boil for about two hours, which will cook it sufficiently, unless it be a very large one.

Take it out of the napkin, place it on a large dish, garnish the edges of the dish with double parsley, and serve with a rich oyster sauce in a tureen.

HARE.—Cut the hare in joints as for a fricassee, and put it in a stew-pan, with a little allspice, three blades of mace, some salt, and whole black pepper, a bunch of parsley, a sprig of lemon-thyme, one of winter savory, four quarts of water, a slice of ham, and four pounds of lean beef, two carrots, and four onions cut down; let it boil till it be reduced to three quarts; separate the hare, and strain the soup over it, and add a pint of port wine; boil it up before serving.

QUAILS, STEWED—Put a little butter worked up with flour, and a few green onions, into a stew-pan; when brown, put in some quails, a glass of wine, the same of stock, parsley, some more small onions, a bay-leaf, and two or three cloves; stew these till the quails are sufficiently done. Garnish your dish with cock's-combs, artichoke bottoms, fried bread, &c.

BROILED SQUAB—Young pigeons or squabs are the nicest for broiling. Cut them down the back, clean them nicely, wash them and dry them on a clean napkin. Have ready a bed of clear coals, heat your gridiron, grease the bars to prevent the pigeons from sticking, and place them over the fire; turn them frequently, and be careful not to let the legs and wings burn. When they are done put them on a dish, season them

with pepper and salt, and baste them well with butter on both sides.

PARTRIDGES, MINCED.—Take the fillets from eight roasted partridges, mince, and put them into a saucepan; make a light *roux*, in which put the livers and lights of the birds, a bay-leaf; a clove, three shallots, and a little sage; give them a few turns, and then add two large glasses of stock; reduce the sauce to half, strain and put it to the mince, stirring it till it is thick and smooth; make it hot, but not boiling; serve it over fried bread, and garnish your dish with either poached or hard eggs.

PARTRIDGES, BROILED.—Take five partridges, cut them in halves, trim and dip them in melted butter, and bread them twice; a quarter of an hour before dinner broil them.

QUAILS, ROASTED.—Truss the birds, and stuff them with beef-suet and sweet herbs, both shred very small, seasoned with salt, pepper, and nutmeg; fasten them to a spit, and put them to the fire; baste with salt and water when they first begin to get warm; then dredge them with flour, and baste with butter. Put an anchovy, two or three shallots, and the juice of a Seville orange into a little rich gravy; set it on the fire, shake it about, and when the anchovy is dissolved, serve it with the quails. Garnish the dish with fried bread-crumbs. These birds are sometimes roasted, wrapped first in a slice of bacon, and then in a vine-leaf. They should be kept at a moderate distance from the fire.

PIGEON.—Take eight pigeons, cut down two of the oldest, and put them, with the necks, pinions, livers, and gizzards of the others, into four quarts of water; let it boil till the substance be extracted, and strain it; season the pigeons with mixed spices and salt, and truss them as for stewing; pick and wash clean a handful of parsley, chives, or young onions, and a good deal of spinach; chop them; put in a frying-pan a quarter of a pound of butter, and when it boils, mix in a handful of bread-crumbs; keep stirring them with a knife till of a fine brown; boil the whole pigeons till they become tender in the stock with the herbs and fried bread; if the soup be not sufficiently high-seasoned, add more mixed spices and salt.

PIGEONS may be either *roasted, potted, stewed, or broiled.*

Potting is the best, and the least trouble. After they are thoroughly picked and cleaned, put a small slice of salt pork, and a little ball of stuffing, into the body of every pigeon. The stuffing should be made of one egg to one cracker, an equal quantity of suet or butter seasoned with sweet marjoram, or sage, if marjoram cannot be procured. Flour the pigeons well, lay them close together in the bottom of the pot, just cover

them with water, throw in a bit of butter, and let them stew an hour and a quarter, if young; an hour and three-quarters, if old. Some people turn off the liquor just before they are done, and brown the pigeons on the bottom of the pot; but this is very troublesome, as they are apt to break to pieces.

Stewed pigeons are cooked in nearly the same way, with the omission of the stuffing. Being dry meat, they require a good deal of butter.

To *roast* pigeons, put them on a little spit, and tie both ends close. Baste with butter. They will be done in fifteen or twenty minutes.

In making a *pigeon pie*, put inside of every bird a piece of butter and the yolk of a hard-boiled egg.

WOODCOCK, SNIPE, &c.

To *roast* these birds, put them on a little spit, take a slice of wheaten bread, and toast it brown, then lay it in a dish under the birds; baste them with a little butter, and let the trail drop on the toast. When they are roasted, put the toast in the dish, lay the woodcocks on it, and have a quarter of a pint of gravy; pour it in a dish, and set it over a lamp or chafingdish for three minutes; and send them to table. Epicures say you should never take any thing out of a woodcock or snipe. The head of a woodcock is considered a great delicacy.

To *roast pheasants, partridges, quails*, and other small birds, pick and draw them immediately after they are brought in. If they are of a nature to be improved by it, lard them with small slips of the fat of bacon drawn through the flesh with a larding-needle.

To *roast reed-birds or ortolans*, put into every bird an oyster, or a little butter mixed with some finely sifted bread crumbs. Dredge them with flour. Run a small skewer through them, and tie them on the spit. Baste them with lard or with fresh butter. They will be done in about ten minutes. Reed-birds are very fine made into little dumplings with a thin crust of flour and butter, and boiled about twenty minutes. Each must be tied in a separate cloth.

WILD DUCKS.—For *roasting a wild duck*, you must have a clear, brisk fire, and a hot spit; it must be browned upon the outside, without being sodden within. To have it well frothed and full of gravy is the nicety. Prepare the fire by stirring and raking it just before the bird is laid down, and fifteen or twenty minutes will do it in the fashionable way; but if you like it a little more done, allow it a few minutes longer; if it is too much, it will lose its flavor.

PARTRIDGE IN BREAD.—Take a nice shaped loaf, of about a pound weight; make a hole at one end, through which take all the crumbs; rub the crust over with a little butter or lard, and set it in the oven for a few minutes to dry: fill this with minced partridge (see that article), and put the loaf, bottom upwards, into a stew-pan; add two spoonfuls of veal blond, with any other garnish you please; let it remain on the fire till the bread is soft enough to allow a straw to penetrate it, then take it out and dish it with the sauce round.

PARTRIDGES TO STEW.—Truss the partridges as fowls are done for boiling; pound the livers with double the quantity of fat bacon and bread-crumbs boiled in milk, and some chopped parsley, thyme, shallots, and mushrooms; season with pepper, salt, grated lemon-peel, and mace. Stuff the inside of the birds, tie them at both ends, and put them into a stew-pan lined with slices of bacon; add a quart of good stock, half a pint of white wine, two onions, a bunch of sweet herbs, and a few blades of mace; let them stew gently till tender; take them out, strain and thicken the sauce with flour and butter, make it hot, and pour it over the partridges.

PARTRIDGE TO ROAST.—Take out the entrails, and singe the partridge over the stove, then roll a bit of butter in pepper and salt, and put it into the inside of the bird; truss it neatly with the head turned on one side, keeping the breast as full as possible; over which should be laid slices of fat bacon tied on with pack-thread; before it is put on the spit, break the back-bone, that it may lie the better on the dish. A good-sized partridge will take half an hour; when nearly done, take away the bacon, brown the partridge well; sprinkle it with flour and salt, and froth it with butter; serve it with water-cresses, a good gravy under it, and bread sauce in a boat.

SNIPES.—When the snipes have been picked, they must be singed over a charcoal fire; in trussing them press the legs close to the sides, and pierce the beak through them; tie a slice of bacon over each bird, run a long iron skewer through the sides, and tie them to the spit; in the mean time cut two or three slices of bread, according to the number of the birds, fry them of a fine brown color in butter; put the birds to roast, and put the fried bread in a dish under them, to receive the inside, which will drop after they have hung a few minutes: just before they are roasted sufficiently, cut off the bacon, that they may take color. Serve them on the dish with the bread under them, and plenty of good gravy. Some prefer eating them with butter only, considering that gravy takes off from the fine

flavor of the bird. They should be carved the same as fowls or pigeons, and the head should be opened, as some are fond of the brains. Snipes are generally dressed in the same manner as woodcocks.

GRAVIES, SAUCES, &c.

[Coarse pieces of lean beef or veal stewed with a little water, make an excellent sauce. For poultry or game use the giblets or trimmings. Gravy should be rich but not greasy. Salt is the only seasoning that should be used.

BROWN GRAVY WITHOUT MEAT.—Take of water and ale that is not bitter one pint each; of walnut pickle, mushroom pickle, and catsup, two table-spoonfuls each; two anchovies, two onions shred, some salt, two or three blades of mace, and some whole pepper; to the above ingredients add a quarter of a pound of butter, with a small portion of flour, having previously made it brown by stirring it till the froth sinks. Then boil the whole together for twenty minutes, strain it, and use it.

RICH SAUCE FOR FISH OR TURKEY.—Roll three-quarters of a pound of butter with a table-spoonful of flour, to which add a *small quantity* of water, and melt it; to this you must add half a pint of thick cream, one anchovy finely minced, but not washed; place the whole over the fire, and, as it boils, add two or three table-spoonfuls of soy. Pour it into the sauceboat, with the addition of salt and lemon.

In making this sauce, great care is requisite to keep it stirring, as it will otherwise curdle.

SAUCE FOR A FOWL.—Stew the neck and gizzard, with a small piece of lemon-peel, in about a cupful of water; then take the liver of the fowl, and bruise it with some of the liquor; melt a little good butter, and mix the liver and the gravy from the neck and gizzard gradually into it; then give it a boil up, and pour it into your dish.

SAUCE FOR FISH PIES.—Take a gill of vinegar, and the same quantity of white wine, oyster liquor, and catchup; boil these ingredients with two anchovies, and, when done, strain them, and pour them into the pie after it is baked.

NASTURTIAN SAUCE is eaten with boiled mutton. It is made

with the green seeds of nasturtians, pickled simply in cold vinegar. Cut about six ounces of butter into small bits, and put them into a small saucepan. Mix with a wine-glass of water sufficient flour to make a thick batter, pour it on the butter, and hold the saucepan over hot coals, shaking it quickly round, till the butter is melted. Let it just boil up, and then take it from the fire. Thicken it with the pickled nasturtians, and send it to table in a boat.

OYSTER SAUCE.—Set over the fire the liquor of the oysters, with the beards, with a blade of mace and some lemon-peel; when boiled, strain the liquor, and add the oysters, with some milk, and butter rubbed in flour. Set the whole over the fire again till it boils (observing to stir it all the time), and then serve it.

LOBSTER SAUCE.—Beat the spawn in a mortar with three anchovies, pour on three spoonfuls of good gravy, and strain the whole into melted butter; then add the meat of the lobster, with a little lemon-juice, and give the whole one boil. The anchovies and gravy may be omitted, if inconvenient to procure them.

CRANBERRY SAUCE.—This sauce is very simply made. A quart of cranberries are washed and stewed with sufficient water to cover them; when they burst mix with them a pound of brown sugar and stir them well. Before you remove them from the fire, all the berries should have burst. When cold they will be jellied, and if thrown into a form while warm, will turn out whole.

CELERY SAUCE.—Wash and pare a bunch of celery, cut it into pieces, and boil it gently until it is tender; add half a pint of cream, and a small piece of butter rolled in flour; now boil it gently. This is a good sauce for fowls of all kinds, either roasted or boiled.

MINT SAUCE.—Soak a bunch of young mint until all the gravel is removed from it, strip the stalks and chop up the leaves. then mix them with vinegar, water, and powdered white sugar. The sugar should be well melted before the sauce is served. It is generally eaten with roast lamb, and imparts to it a delicious flavour.

MUSHROOM SAUCE.—Clean half a pint of young mushrooms, take off the skin by rubbing them with salt, lay them in a stewpan with a small quantity of salt, half a pint of cream, a little

mace and nutmeg, thicken the whole with butter and flour. Let them boil, and, to prevent curdling, they must be stirred till done. The above sauce is excellent for fowls and rabbits.

APPLE SAUCE.—Core and peel six large apples; then slice them thin, and put them in a jar, which place in a saucepan of water over a gentle fire. When done, pulp them; after which, add butter and brown sugar. This sauce is very excellent with goose and roast pork.

TO MELT BUTTER THICK.—Barely moisten the bottom of your saucepan with water; cut your butter into slices, and lay it in the saucepan before the water you have put in becomes warm. As the butter melts, stir the pan one way frequently, and when it is melted let it boil up; it will then be smooth, thick, and fine. No flour must be used.

EGG-BALLS.—Pound the yolks of as many hard eggs as will be wanting in a marble mortar, with a little flour and salt; add as much raw yolk of egg as will make this up into balls, and boil them before they are put into soups, or any other preparation.

CATCHUPS.

MUSHROOM CATCHUP.—Take the full grown flaps of mushrooms, wipe them clean, crush them with the hands, throw a handful of salt with every peck of mushrooms, and let them stand all night; then put them into stewpans, and set them in a quick oven for twelve hours; strain them through a hair sieve and press out all the juice. To every gallon of liquor put of cloves, Jamaica and black pepper, and of ginger, one ounce each, and half a pound of common salt. Set it on a slow fire and let it boil until half the liquor is wasted, then put it into a clean china vessel, and when cold bottle it.

Another mode of making Mushroom Catchup, is to take a stewpan full of the large flap mushrooms that are not worm eaten, and the skins and fringe of those you have pickled; throw a handful of salt among them, and set them by a slow fire. They will produce a great deal of liquor, which you must strain, and put to it four ounces of shalots, two cloves of garlic, an ounce of pepper, a table spoonful of ginger, mace, and cloves, boil the liquor slowly and skim it well. When cold, bottle and cork it close. In two months boil it again with a little additional spice, and a stick of horse radish,—it will then keep a year; which mushroom catchup rarely does, if not boiled a second time.

TOMATO CATCHUP.—Take six pounds of tomatoes, sprinkle them with salt and let them remain for a day or two, then boil them until the skins will separate easily ; pour them into a colander or coarse sieve, and press them through, leaving the skins behind ; put into the liquor a pint of Chili vinegar, half a pint of wine, pepper, cloves, ginger and allspice ; boil them together until a third part has wasted—bottle them tight. The catchup must be shaken before it is used. If it is boiled down to one-third, and the corks sealed, it will be much richer, and keep for years.

WALNUT CATCHUP.—Take six half-sieves of green walnut-shells, put them into a tub, mix them up well with common salt, (from two to three pounds,) let them stand for six days, frequently beating and mashing them ; by this time the shells become soft and pulpy. Then by banking it up on one side of the tub, and at the same time by raising the tub on that side, the liquor will drain clear off to the other ; then take that liquor out ; the mashing and banking up may be repeated as often as liquor is found. The quantity will be about six quarts. When done let it be simmered in an iron boiler as long as any scum arises ; then bruise a quarter of a pound of ginger, a quarter of a pound of allspice, two ounces of long pepper, two ounces of cloves, with the above ingredients ; let it slowly boil for half an hour. When boiled, let an equal quantity of the spice go into each bottle ; when corked, let the bottle be filled quite up ; cork them tight, seal them over, and put them into a cool and dry place for one year before they are used.

VEGETABLES.

Vegetables should be as fresh as it is practicable to get them. Wash them well, and cook till perfectly tender. Nothing is more unwholesome than vegetables which are undone.

POTATOES.—To boil potatoes, peel round a narrow strip in a ring, before putting them into the pot, to give them a chance to burst and become mealy. Do not let them stop boiling for an instant ; and when they are done, turn the water off completely, and throw in a little salt, which will absorb the moisture remaining. Most potatoes will boil in the course of half an hour—new ones take less time. Sweet potatoes are better baked than boiled.

To make potatoe snow-balls, take boiled mealy potatoes. and press them tight in a strong cloth into the shape of balls.



VEGETABLES.

The first consideration in the purchase of vegetables is to have due regard to the variations of taste and appearance which the same vegetables undergo in different seasons. Spring carrots, for instance, are very different from those of autumn and winter.

GREEN PEAS WITH CREAM.—Boil a quart of young peas perfectly tender in salt and water, and drain them as dry as possible. Dissolve an ounce and a half of butter in a clean stew-pan, stir smoothly to it when it boils a dessert-spoonful of flour, and shake these over the fire for three or four minutes, but without allowing them to take the slightest color; pour gradually to them a cup of rich cream, add a small lump of sugar pounded; let the sauce boil, then put in the peas and toss them gently in it until they are very hot; dish, and serve them quickly.

FRIED POTATOES.—After having washed them, wipe and pare some raw potatoes, cut them in slices of equal thickness, or into thin shavings, and throw them into plenty of boiling butter, or very pure clarified dripping. Fry them of a fine light brown, and very crisp; lift them out with a skimmer, drain them on a soft, warm cloth, dish them very hot, and sprinkle fine salt over them.



HORS-D'ŒUVRE.

A selected list of the hors-d'œuvre comprises the following: radishes, gherkins, olives, anchovies, cucumber, artichokes, pickled herrings, pickled oysters, mixed pickles.

TO PICKLE GHERKINS.—Brush or wipe the gherkins very clean, throw them into plenty of fast-boiling water, and give them a single boil; take them out quickly, and throw them immediately into a large quantity of very cold water; change it once, and when the gherkins themselves are quite cold drain them well, spread them on sieves or dishes, and dry them in the air. When this is done, put them into stone jars, and pour on them as much boiling vinegar as will cover them well; heat it anew, and pour it on them again the following day; and on the next throw them into it for a minute so soon as it boils, with plenty of tarragon in branches, a few very small silver onions, and salt and whole pepper in proportion. It should be observed that the French vinegar, from its superior excellence, being made from wine, will have a very different effect, in many preparations, to that which is made up for sale generally.

POTATOES A LA MAITRE D'HOTEL.—Cold potatoes that have been boiled should be used for this purpose. Lay them in a frying pan with sufficient milk (or cream) to cover them, add a little butter, salt and chopped parsley, and fry them until the milk thickens. They will be sufficiently cooked in a quarter of an hour, and make an excellent dish for breakfast.

CABBAGES should be boiled an hour. They should first be well examined lest insects be lurking in the folds.

To dress **CAULIFLOWERS**, separate the green part, and cut the flower close at the bottom from the stalk; let it soak an hour in clear cold water, and then lay it in boiling milk and water, or water alone, observing to skim it well. When the flower or stalk feels tender, it is done enough, and should be instantly taken up. Drain it for a minute, and serve it up in a dish by itself, with plain melted butter in a sauce-tureen.

SPINACH.—Pick it clean, and wash it in five or six waters. Drain it, and put it in boiling water. Ten minutes is generally sufficient time to boil spinach. Be careful to remove the scum. When it is quite tender take it up, and drain and squeeze it well. Chop it fine, and put it into a sauce-pan with a piece of butter and a little pepper and salt. Set it on hot coals, and let it stew five minutes, stirring it all the time.

TURNIPS.—White turnips require about as much boiling as potatoes. When tender, take them up, peel and mash them—season them with a little salt and butter. Yellow turnips require about two hours boiling—if very large, split them in two. The tops of white turnips make a good salad.

BEETS.—Beets should not be cut or scraped before they are boiled, or the juice will run out, and make them insipid. In summer they will boil in an hour—in winter, it takes three hours to boil them tender. The tops in summer are good boiled for greens. Boiled beets cut in slices, and put in cold spiced vinegar for several days, are very nice.

PARSNIPS AND CARROTS.—Wash them, and split them in two—lay them in a stew pan, with the flat side down, turn on boiling water enough to cover them—boil them till tender, then take them up, and take off the skin, and butter them. Many cooks boil them whole, but it is not a good plan, as the outside gets done too much, before the inside is cooked sufficiently. Cold boiled parsnips are good cut in slices and fried brown.

ASPARAGUS.—Great attention is necessary to boil asparagus;

it must be carefully washed and cleaned, the horny part must be cut away, leaving only enough to take it up with the fingers. After the white horny part has been well scraped, cut them all off at one length, and tie them up in separate bundles; lay them in boiling water with a little salt. Boil them briskly, and they are done enough when tender. Dip a round of toasted bread in the liquor, and lay it in the dish: then pour some melted butter over the toast, and lay the asparagus on the toast entirely round the dish. Serve with melted butter in a sauce-
tureen.

GREEN PEAS should be boiled from twenty minutes to sixty, according to their age. STRING BEANS the same DANDELIONS half an hour, or three quarters, according to age. Dandelions are much improved by cultivation.

SWEET CORN.—Corn is much sweeter to be boiled on the cob. If made into sucatash, cut it from the cobs, and boil it with Lima beans, and a few slices of salt pork. It requires boiling from fifteen to thirty minutes, according to its age.

ONIONS.—It is a good plan to boil onions in milk and water: it diminishes the strong taste of that vegetable. It is an excellent way of serving up onions, to chop them after they are boiled, and put them in a stewpan, with a little milk, butter, salt, and pepper, and let them stew about fifteen minutes. This gives them a fine flavor, and they can be served up very hot.

TOMATOES.—If very ripe, will skin easily; if not, pour scalding water on them, and let them remain in it four or five minutes. Peel and put them into a stew-pan, with a table spoonful of water, if not very juicy; if so, no water will be required. Put in a little salt, and stew them for half an hour; then turn them into a deep dish with buttered toast. Another way of cooking them, which is considered very nice by epicures, is to put them in a deep dish, with fine bread crumbs, crackers pounded fine, a layer of each alternately; put small bits of butter, a little salt and pepper on each layer—some cooks add a little nutmeg and sugar. Have a layer of bread crumbs on the top. Bake it three quarters of an hour.

GUMBO.—Take an equal quantity of young tender oca chopped fine, and ripe tomatoes skinned, an onion cut into slices, a small lump of butter, a little salt and pepper. Put the whole in a stew-pan, with a table-spoonful of water, and stew it till tender

EGG PLANT.—Cut the egg plant in slices half an inch thick.

and let it lay for several hours in salted water, to remove the bitter taste. To fry it put the slices in the frying-pan with a small quantity of butter, and turn them when one side is done. Be sure that they are thoroughly cooked. Stuffed egg plant is sometimes preferred to fried. Peel the plant whole, cut it in two, and let it lay in salted water. Then scoop out the inside of the plant, chop it up fine, mixing crumbs of bread, salt and butter with it; fry it, return it to the hollow egg plant—join the cut pieces together, and let them bake awhile in an oven.

SALSIFY OR OYSTER PLANT.—Scrape the salsify, cut it in long slips and parboil it, then chop it up fine and fry it with egg batter.

It is sometimes served with the roots whole, having been first thoroughly boiled and then fried in egg batter.

BAKED BEANS.—Soak a quart of dried beans over night, in cold water; drain off the water in the morning and stew for half an hour in a little water, put them in a deep dish, with one pound of salt pork, cut the rind in strips, and place in the centre of the dish. The pork should be sunk a little below the surface of the beans. Bake for three hours and a half. A lump of saleratus should be thrown in while the beans are boiling, and a pint of water be added when they are put into the bake-pan.

LIMA BEANS should be gathered young. Shell them, lay them in a pan of cold water, and then boil them about two hours, till they are quite soft. Drain them well, and add to them some butter.

SQUASHES OR CYMBELINS.—Cut up the squashes in pieces of an inch thick, having first pared the squash; if old, extract the seeds and boil the pieces until they break, mash them with a spoon, boil them a little longer, and when they are done, squeeze them through a colander. Mix them with a little salt and a small quantity of butter.

WINTER SQUASH.—Winter squashes are stewed in the same manner as others, but they require to remain over the fire a little longer.

If kept in a dry place, they will remain good all winter; but if they are once frozen, they lose their flavour, and are apt to decay.

They are richer and firmer than the summer kind. After paring a winter squash, cut it in pieces, and, having taken out the seeds, boil it till it is tolerably soft in a small quantity of water. When you think it sufficiently done, press out all the

water, mash the squash, and add a little butter, salt, and, if you fancy it, pepper.

MUSHROOMS.—The mushrooms proper to be used in cookery grow in the open pasture land, for those that grow near or under trees, are poisonous. The eatable mushrooms first appear very small, and of a round form, on a little stalk. They grow very rapidly, and the upper part and stalk are white. As they increase in size, the under part gradually opens, and shows a fringed fur of a very fine salmon color, which continues more or less till the mushroom has gained some size, and then turns to a dark brown. These marks should be attended to, and likewise whether the skin can be easily parted from the edge, and middle, and whether they have a pleasant smell. Those which are poisonous have a yellow skin, and the under part has not the clear flesh color of the real mushroom; besides which, they smell rank and disagreeable, and the fur is white or yellow.

In STEWING, if you wish to have the full taste of the mushroom only, after washing, trimming, and peeling them, put them into a stew-pan with a little salt and no water. Set them on coals, and stew them slowly till tender, adding nothing to them but a little butter rolled in flour, or else a little cream. Be sure to keep the pan well covered.

RICE, MACARONI AND HOMINY.

SOUTHERN METHOD OF BOILING RICE.—Pick over the rice carefully, rinse it well in cold water till it is faithfully cleansed, drain off the water, then put it in a pot of boiling water, with a little salt. Allow as much as a quart of water to a tea-cup of rice, as it absorbs the water very much while boiling. Boil it seventeen minutes; then turn the water off very close; set the pot over a few coals, and let it steam fifteen minutes with the lid of the pot off. The beauty of the rice boiled in this way, is, that each kernel stands out by itself, while it is quite tender.

MACARONI.—Put a piece of butter, half a pound of macaroni, and a little salt into hot water; boil them for three quarters of an hour, and then take it out and drain it well. Put it into another saucepan with butter and grated cheese; toss up the whole together, adding two or three spoonfuls of cream; and when done, put it on a dish, and serve it very hot.

MACARONI DRESSED SWEET.—Boil two ounces of macaroni in a pint of milk, with a bit of lemon-peel, and a good bit of cinnamon, till the pipes are swelled to their utmost size without breaking. Lay them on a custard-dish, and pour a custard over them hot. Serve cold.

HOMINY.—Wash the hominy clean, and boil it with sufficient water to cover it. It should boil from four to five hours over a very slow fire. Eat it with butter and molasses, or with sugar and milk. It is considered extremely wholesome food, especially for children and delicate persons.

VARIOUS MODES OF COOKING EGGS.

Unless an egg is perfectly fresh it is unfit for any purpose. You may try the freshness of eggs by putting them in a pan of cold water. Those that sink the soonest are the freshest. Eggs may be preserved a short time by putting them in a jar of salt or lime water with the small ends downwards. The salt should not afterwards be used. They may be preserved several months by greasing them all over with melted mutton suet, and wedging them close together in a box of bran. The small ends always downwards.

TO BOIL EGGS.—Never attempt to boil an egg without a watch beside you. In three minutes an egg will boil soft, if the water in which it is placed is already boiling; in four the white part is completely cooked—in ten minutes it is hard enough for salad.

POACHED EGGS.—The beauty of a poached egg is for the yolk to be seen blushing through the white, which should only be just sufficiently hardened, to form a transparent veil for the egg.

Have some boiling water in a tea-kettle; pass as much of it through a clean cloth as will half fill a stew-pan; break the egg into a cup, and when the water boils, remove the stew-pan from the stove, and gently slip the egg into it; it must stand till the white is set; then put it over a very moderate fire, and as soon as the water boils, the egg is ready; take it up with a slice, and neatly round off the ragged edges of the white; send them up on bread toasted on one side only, with or without butter.

EGGS AND BREAD.—Put half a handfull of bread crumbs into a sauce-pan, with a small quantity of cream, salt, pepper, and

nutmeg, and let it stand till the bread has imbibed all the cream; then break ten eggs into it, and having-beaten them up together, fry it like an omelet.

OMELET.—Five or six eggs will make a good sized omelet; break them into a basin, and beat them well with a fork, and add a salt-spoonful of salt; have some parsley ready chopped; beat it well up with the eggs; then take four ounces of fresh butter, and break half of it into large bits, and put it into the omelet, and the other half into a very clean frying pan; when it is melted, pour in the omelet, and stir it with a spoon till it begins to set, then turn it up all round the edges, and when it is of a nice brown it is done; the safest way to take it out is to put a plate on the omelet, and turn the pan upside down; serve it on a hot dish; it should never be done till just wanted.

SCRAMBLED EGGS.—Beat seven or eight eggs quite light, and throw them into a clean frying-pan with a small quantity of butter, some salt and chopped parsley. Stir them carefully until they are well thickened, and turn them out on a hot dish, without permitting any portion of them to adhere to the frying-pan. This dish is excellent with a trimming of stewed tomatoes.

PICKLES.

Kettles of block tin or lined with porcelain are the best for pickling. Iron discolors the acid, and the verdigris produced by the vinegar on brass, copper, or bell-metal, is extremely poisonous. If, after keeping the pickles any time, you discern any symptoms of their not keeping well, boil them over again with fresh vinegar and spice. The jars in which pickles are kept should always be full enough of vinegar to cover the pickles themselves. Vinegar for pickles should only boil five or six minutes.

To PICKLE TOMATOES.—The Tomatoes should not be very ripe when used for pickling. Mix in a large stone jar an ounce of mustard, half an ounce of cloves, half an ounce of pepper. Fill the jar half full of the best vinegar, then lay in the tomatoes, mixing amongst them a dozen or more whole onions.

The jar should not be opened for a month, when the pickle will be fit for use. Great care must be taken to close the jar closely every time that any of the pickles are taken out. If these precautions are followed, the tomatoes will keep a year.

PEACHES AND APRICOTS.—Take those of a full growth, but perfectly green. Put to a gallon of vinegar half an ounce of cloves, the same quantity of peppercorns, sliced ginger and mustard seed—add salt and boil the vinegar—then turn it on the peaches scalding hot. Turn the vinegar from them several times. Heat it scalding hot, and turn it back while hot.

CUCUMBERS.—Gather those that are small and green, and of a quick growth. Turn boiling water on them as soon as picked. Let them remain in it four or five hours, then put them in cold vinegar, with alum and salt, in the proportion of a table-spoonful of the former and a tea-cup of the latter, to every gallon of vinegar. When you have done collecting the cucumbers for pickling, turn the vinegar from the cucumbers, scald and skim it till clear, then put in the pickles, let them scald without boiling, for a few minutes; then turn them while hot into the vessel you intend to keep them in. A few peppercorns improve the taste of the cucumbers. Another method of pickling cucumbers, which is good, is to put them in salt and water, as you pick them—changing the salt and water once in three or four days. When you have done collecting your cucumbers for peeling, take them out of the salt and water, turn on scalding hot vinegar, with alum, salt and peppercorns in it.

MANGOES.—Musk melons should be picked for mangoes, when they are green and hard. They should be cut open after they have been in salt water ten days, the inside scraped out clean, and filled with mustard-seed, allspice, horseradish, small onions, &c., and sewed up again. Scalding vinegar poured upon them.

TO PICKLE GREEN PEPPERS.—The peppers must be pickled when half ripe, and the smallest ones chosen. Make a small hole at the top and another at the bottom of the pepper, and extract the core and seeds. A penknife should be used in performing this operation. Simmer the peppers for a whole day in salt and water over a very moderate fire—stir them every once and awhile that those at the bottom may not burn. Leave them over night to cool, and the next morning lay them gently into a jar, sprinkle a small quantity of mustard over them, and fill up the jar with cold vinegar.

BUTTERNUTS AND WALNUTS.—The nuts for pickling should be gathered as early as July, When a pin will go through them easily, they are young enough to pickle. Soak them in salt and water a week—then drain it off. Rub them with a cloth, to get off the roughness. To a gallon of vinegar put a tea-cup of salt, a table-spoonful of powdered cloves and mace, mixed together, half an ounce of allspice, and peppercorns.

Boil the vinegar and spices, and turn it while hot on to the nuts. In the course of a week, scald the vinegar, and turn it back on them while hot. They will be fit for use in the course of a fortnight.

BARBERRIES.—Barberries make very good pickles, and are always useful in ornamenting certain dishes. Leave the barberries on the stem, lay them in a stone jar and fill it up with cold vinegar.

ONIONS.—Peel and boil them in milk and water ten minutes. To a gallon of vinegar put half an ounce of cinnamon and mace, a quarter of an ounce of cloves, a small tea-cup of salt, and half an ounce of alum. Heat the vinegar, together with the spices, scalding hot, and turn it on to the onions, which should previously have the water and milk drained from them. Cover them tight till cold.

PRESERVES, JELLIES, JAMS, &c.

Brass and metal kettles should never be used in the preparation of preserves. Iron ware lined with porcelain, or tin is much preferable, and not subject to the verdigris, which acids produce on the others. It is bad economy to use too little sugar in the preservation of fruit. When they once begin to spoil they can never again be rendered eatable. Jellies without sufficient sugar will not congeal. Preserves to look clear and handsome should be made with loaf sugar. Small jars are preferable to large ones in putting away preserves, as frequent exposure to the air is apt to spoil the fruit. After pouring the preserves into jars cut out several round pieces of paper, exactly made to fit the mouth of the jar, and after laying one or two of them over the fruit, pour upon it a tea-spoonful of good brandy, then cover the jar closely with bladder skin or some paper, (the former is preferable,) and tie it down in a manner which will entirely exclude the air. If the preserves candy after being kept a short time, the jar in which they are held should be placed in a kettle of water which may be permitted to boil from half to three quarters of an hour.

TO CLARIFY SUGAR.—To every three pounds of loaf sugar allow the beaten white of one egg, and a pint and a half of water; break the sugar small, put it into a nicely-cleaned brass pan, and pour the water over it; let it stand sometime before it be put upon the fire; then add the beaten whites of the eggs; stir it till the sugar be entirely dissolved, and when it boils up,

pour in a quarter of a pint of cold water ; let it boil up a second time ; take it off the fire and let it settle for fifteen minutes , carefully take off all the scum ; put it on the fire, and boil it till sufficiently thick, or if required, till candy high ; in order to ascertain which, drop a little from a spoon into a small jar of cold water, and if it become quite hard, it is then sufficiently done.

TO PRESERVE WATER MELON RIND AND CITRONS.—Pare off the green skin, cut the water melon rind into pieces. Weigh the pieces, and allow to each pound a pound and a half of loaf sugar. Line your kettle with green vine leaves, and put in the pieces without the sugar. A layer of vine leaves must cover each layer of melon rind. Pour in water to cover the whole, and place a thick cloth over the kettle. Simmer the fruit for two hours after scattering a few bits of alum amongst it. Spread the melon rind on a dish to cool. Melt the sugar, using a pint of water to a pound and a half of sugar, and mix with it some beaten white of egg. Boil and skim the sugar. When quite clear, put in the rind and let it boil two hours ; take out the rind, boil up the syrup again and pour it over the rind, and let it remain all night. The next morning boil the syrup with lemon juice, allowing one lemon to a quart of syrup. When it is thick enough to hang in a drop from the point of a spoon, it is done. Put the rind in jars, and pour over it the syrup. It is not fit for use immediately.

Citrons may be preserved in the same manner, first paring off the outer skin, and cutting them into quarters. Also green limes.

APPLES.—Weigh equal quantities of good brown sugar and of apples ; peel, core, and mince them small. Boil the sugar, allowing to every three pounds a pint of water ; skim it well, and boil it pretty thick ; then add the apples, the grated peel of one or two lemons, and two or three pieces of white ginger ; boil till the apples fall, and look clear and yellow. This preserve will keep for years.

PINE APPLES.—Take those that are ripe, and perfectly fresh—pare off the rind, and cut the apples in slices an inch thick. Powder the same weight of white sugar as you have pine apples—lay the pine apples in a deep dish, and sprinkle part of the powdered sugar between each layer of apples. Reserve about half of the sugar. Let the apples remain till the succeeding day—then turn the syrup from them, and mix it with the reserved sugar, and half a pint of water, for three or four pounds of pine apple. Boil the syrup, take it from the fire, and when cool, put in the apples, simmer them gently till tender, let them remain in a deep dish for several days—they should be covered

up tight, and kept in a cool place. Whenever there is any appearance of fermentation, turn the syrup from them, scald it, and turn it back hot on to the pine apples. Keep them in glass or china jars, covered tight, and in a cool place.

APPLE JELLY.—Take apples, codlings or nonsuch, pare and cut them in slices, put them into a deep stewpan, with as much water as will cover them, boil them gently till they will mash, and then strain them through a jelly bag; to every pint of liquor add one pound of loaf sugar; boil it till it comes to the top for ten minutes, then pour it into a mould with or without sliced lemon peel. A quart only should be done at a time; the apples should be full grown but not too ripe. This jelly will keep, and make a pretty dish at any time.

CRAB APPLES.—Make a syrup, allowing the same weight of sugar as apples. Let it cool, then put in the apples, a few at once, so that they will not crowd, and break to pieces. Boil them till they begin to break, then take them out of the kettle. Boil the syrup in the course of three or four days, and turn it while hot on to the apples. This continue to do at intervals of two or three days, till the apples appear to be thoroughly preserved.

TO PRESERVE QUINCES.—Quinces if very ripe, are 'est preserved in the following manner: Pare and cut them in slices an inch thick—take out the cores carefully so as to have the slices in the form of a ring. Allow a pound of nice white sugar for each pound of the fruit—dissolve it in cold water, leaving a quart of the latter to a pound of sugar, then put in the sliced quinces, and let them soak in it ten or twelve hours. Put them in a preserving kettle, and put it on a moderate fire—cover them over, and let the quinces boil gently—there should be more than enough syrup to cover the quinces. When a broom splinter will go through them easily, take them from the fire, and turn them out. In the course of a week, turn the syrup from them, and boil it down, so that there will be just enough to cover the fruit. When not very ripe, pare and cut the quinces either in rings or quarters, take out the cores and boil the quinces in fair water, till they begin to grow tender—take them up, and strain the water in which they are boiled—put in either brown or white sugar—add a little cold water. When lukewarm, put in the whites of eggs and clarify it—let it cool, then put in the quinces, and boil them slowly for half an hour. Keep them covered over while boiling, if you wish to have them of a light color. Turn them out into pots as soon as preserved, and set them away in a cool place. Look at them in the course of a week to see if they have fer-

mented—if so, turn the syrup from them, boil it, and turn it back while hot. The parings and cores of the quinces can be used for marmalade, with a few whole ones. Some people prefer to preserve the quinces with the cores in, but the syrup will not look clear. The following is a cheap method of preserving quinces, and answers very well for common use. Pare, halve, and take out the cores of the quinces, and boil the parings in new cider till soft. Strain the cider, and for five pounds of quinces put in a pound of brown sugar, a quart of molasses, the beaten white of an egg—clarify it, then put in the quinces. There should be rather more than enough cider to cover the quinces, as it wastes a good deal while the quinces are boiling. The peel of an orange cut in small pieces, and boiled with them, gives the quinces a fine flavor.

QUINCE MARMALADE.—Gather the fruit when fully ripe, and of a fine yellow; pare, quarter and core it. Put the quinces into a saucepan with a little water, set them on the fire until they are quite soft; then take them out, and lay them on a sieve to drain; rub them through; and put to each pound of the strained quinces a pound of brown sugar. Set it on a few coals, and let it stew slowly, stirring it constantly. When it has stewed an hour, take a little of it out, let it get cold—if it then cuts smooth, it is sufficiently stewed.

QUINCE JELLY.—Halve the quinces, and take out the cores. Boil the quinces till very soft in clear water, mash them, and let them drain through a flannel bag, without squeezing them. Put to the quince liquor, when drained through the bag, white sugar in the proportion of a pound to a pint of liquor. Add the whites of eggs, and clarify it. When clear, boil it on a moderate fire, till it becomes a thick jelly. Fill glasses with the jelly, and cover them tight. The quince pulp that remains in the jelly-bag can be made into marmalade.

TO PRESERVE PEACHES, APRICOTS, NECTARINES AND PLUMS. September is the best month for peaches, as they are then harder and larger. Weigh the peaches, put them into a preserving pan full of cold water with a slice or two of lemon; set them on a slow fire, have ready a sieve and a napkin, and be careful not to do them too much.

Some of the peaches will be ready sooner than others; when they begin to be soft they are done enough; take them out as they become soft and drain them on a sieve, and let them stand until cold; then make a syrup, to every pound of peaches allowing a pound of loaf sugar—use some of the water in which the peaches were boiled for the syrup. Crack the pits of half a dozen peaches, throw them into hot water and remove their

skins, then boil them with the syrup you are making. Put the peaches into jars and glasses, and pour the syrup over them.

Cut several round pieces of paper, dip them in brandy, lay them over the preserves, and tie up the jars.

Apricots, Nectarines and Plums, may be preserved in the same manner.

This way of preserving peaches is much preferable to cutting them up and then preserving them. The fruit should not be permitted to boil until it becomes shrivelled.

BRANDY PEACHES, PLUMS, &c.—Gather peaches before they are quite ripe, prick them with a large needle, and rub off the down with a piece of flannel. Cut a quill and pass it carefully round the stone to loosen it. Put them into a large preserving pan, with cold water rather more than enough to cover them, and let the water become gradually scalding hot. If the water does more than simmer very gently, or if the fire be fierce, the fruit will be likely to crack. When they are tender, lift them carefully out, and fold them up in flannel or a soft table cloth, in several folds. Have ready a quart, or more, as the peaches require, of the best white brandy, and dissolve ten ounces of powdered sugar in it. When the peaches are cool, put them into a glass jar, and pour the brandy and sugar over them. Cover with leather and a bladder. *Apricots and plums* in the same way.

GREEN GAGES.—Allow equal weights of sugar and gages. Make a syrup of white sugar, and just water enough to cover the plums. Boil the plums slowly in the syrup ten minutes—turn them into a dish, and let them remain four or five days, then boil them again, till the syrup appears to have entered the plums. Put them into a china jar, and in the course of a week turn the syrup from them, scald it, and turn it over them hot.

TO PRESERVE PEARS.—Pare them very thin, and simmer them in a thin syrup, allowing only one quarter of a pound of sugar to a pound of pears. Let them lie for two days, add another quarter of a pound of sugar to each pound of pears, and simmer them again. Let them lie all night, or longer if you please, then simmer them once more, this time adding half a pound of sugar to each pound of pears, with the juice of half a lemon to every two pounds of fruit. A small portion of the lemon peel may also be used. The fruit may then be drained and dried in the sun, so that they may be used dry; or they may be poured into jars with the syrup over them.

Another mode of preserving pears, and a less troublesome one, is to pare, quarter and core the pears, boil them for an hour in as much water as will cover them, then add to every

pound of pears a pound of white sugar and the juice of half a lemon, boil the whole and skim it. When the pears are soft pour them into jars and the syrup over them; tie up the jars.

This is a much more expeditious way of preserving the pears, and perhaps the best for large families, where sweetmeats are in daily use; but the fruit itself does not look as clear and beautiful as when preserved by the former method.

PEAR MARMALADE.—Boil the pears with the skins on. When soft, rub them through a sieve, and put to each pound of pulp three-quarters of a pound of brown sugar. Stew it over a slow fire till it becomes a thick jelly. It should be stirred constantly.

BAKED PEARS.—Take half a dozen fine pears; peel, cut them in halves, and take out the cores; put them into a pan with half a pound of sugar, and some water. Set them in a moderate oven till tender, then put them on a slow fire to stew gently; add grated lemon-peel, and more sugar, if necessary. They will be sufficiently red.

RED CURRANT JELLY.—Strip the currants, put them in jars or pans, and bake them; strain off the juice through a sieve; having loaf sugar pounded and dried, in the proportion of one pound to one pint of juice, set the juice over the fire, and when *boiling*, throw in the sugar gradually, stirring the whole time; this must be done quickly, for by the time all the sugar is stirred in the juice will be ready to jelly, and if left too long over the fire, the jelly will become candied. Pour into small-sized jars. By this method, the jelly will be perfectly clear without skimming, which saves waste and trouble.

GOOSEBERRIES.—The tops and tails being removed from the gooseberries, allow an equal quantity of finely pounded loaf sugar, and put a layer of each alternately into a large deep jar; pour into it as much dripped currant juice, either red or white, as will dissolve the sugar, adding its weight in sugar; the following day put all into a preserving pan and boil it.

GOOSEBERRY FOOL.—Stand your fruit, mixed with Lisbon sugar, in a jar, on a stove, with a gill of water; when soft, pulp it through a colander; then have ready a sufficiency of milk and cream, or, in lieu of the latter, an egg, boiled together, but cold before used; sweeten it well, and stir in the fruit gradually. Apples may be done in the same manner.

GOOSEBERRY JAM.—Take what quantity you please of red rough, ripe gooseberries; take half their quantity of lump sugar; break them well, and boil them together for half an hour or more, if necessary. Put it into pots, and cover with paper.

FROSTED FRUIT.—Pick out the finest cherries, plums, apricots, grapes, or small pears—leave on their stalks. Beat the whites of three eggs to a stiff froth—drain them, and beat the part that drips off again. Lay the fruit in the beaten egg with the stalks upward—select them out one by one and dip them into a cup of finely powdered sugar. Cover a pan with a sheet of fine paper, place the fruit inside of it, and set it in an oven that is cooling. When the icing on the fruit becomes firm pile them on a dish and set them in a cool place.

BLACK CURRANT JELLY.—This jelly may be made in the same manner as red, but brown sugar can be used. Black currant jelly is very efficacious in curing sore throats, hoarseness, and oppression of the chest.

GRAPE JELLY.—Take out the stones, mash the grapes with your hands, (they must be ripe,) then squeeze them through a cloth to extract all the juice from them, and boil and finish the same as currant jelly. Use half a pound of sugar to each pound of fruit.

CRANBERRY JELLY.—Make a very strong isinglass jelly. When cold, mix it with a double quantity of cranberry juice pressed, sweeten it, and boil it up; then strain it into a shape. The sugar must be good lump, or the jelly will not be clear.

TO PRESERVE STRAWBERRIES, RASPBERRIES, AND BLACKBERRIES, WHOLE.—The strawberries should be gathered fresh from the vines, those which have been carried about in baskets for several hours, or jolted in waggon, can never be preserved whole.

Select out the largest, and those perfectly unbroken. Mash up the others and boil them for a quarter of an hour without any water—strain them through a fine jelly bag. Nothing but the liquid should pass through.

Measure the juice and allow a pound of loaf sugar to every quart of strawberry juice.

When you make the syrup allow a pint of spring water to every two pounds of sugar—skim the syrup thoroughly. When the scum ceases to rise pour in the juice of the raspberries and boil it from five to fifteen minutes, or until the syrup will hang in drops from a spoon.

Pour the syrup into glass jars or tumblers, and lifting the whole strawberries with a spoon, put as many of them in each jar as it will hold, without being at all crowded. The syrup should cover all well, and it is better to have too few than too many in every jar. Let the jars stand until the syrup is quite cold, and then tie them up with paper dipped in brandy.

Some persons think it better to boil the whole strawberries for a few minutes in the syrup, but this is not a mode we should recommend, as it is almost impossible to prevent their breaking in taking them out of the preserving pan, and they cook sufficiently when immersed in the hot syrup.

RASPBERRY JELLY.—Take two-thirds of raspberries, and one third red currants ; pick them, press the juice through a sieve into a pan, cover and place in a cellar, or any other cool place for three days ; at the end of that time, raise the thick skin formed at the top and pour the juice into another weigh it, and put it, with half the quantity of sugar, into a preserving pan, and set it on the fire ; a great deal of scum will rise at first, which must all be taken off ; leave it on the fire for an hour ; then pour a few drops on a cold plate ; if it cools of the proper consistency for jellies, take it from the fire, and whilst hot, pour it into pots. Let the jelly be quite cold before the pots are covered.

RASPBERRY JAM.—Take four parts of raspberries and one part of red currant juice, boil it for fifteen or twenty minutes with an equal weight of sugar. Skim off the dross as it rises.

Or, use raspberries alone, and no juice.

APPLE COMPOTE.—Fine Spitzenberg apples, or ripe pippins, are the best for apple compote. If you use Spitzenbergs, colour the preserves with half a tea spoonful of cochineal dissolved in white wine.

Make a syrup of loaf sugar—allowing a pound of apples to a pound of sugar. Be very particular in skimming it until it is quite clear. The apples should be pared very nicely and their cores extracted, with an instrument made for the purpose, before they are weighed. Boil the apples in as much water as will cover them until they become soft, but take care that they do not commence to break. Those that cook first should be removed on a strainer until they are all tender. Squeeze the juice of one large lemon for every pound of loaf sugar. Pare off the lemon peel if possible without breaking it—boil the juice and the peel in the same water that has boiled the apples. Pour in the syrup as soon as the lemon peel is tender, and boil it ten minutes. The apples which have been cooling on a dish should then be gently put in jars and the hot syrup poured on them. Tie up the jars and do not open them for a fortnight.

BLACK BUTTER.—This is a very nice preserve to spread on bread for children, and much healthier in the winter than salt butter. Take any kind of berries, currants, or cherries—(the latter must be stoned)—to every pound of fruit allow half a pound of sugar, and boil it till it is reduced one fourth.

PASTRY, PUDDINGS, AND OTHER DAINTIES.

Pastry should always be prepared in a cool place, as the heat renders it heavy. The butter should be thoroughly washed in cold water to abstract the salt. Paste should be baked in a close oven where no air can reach it. The best rolling pins are straight with long handles. Pastry is always better fresh than after being kept a day or two.

For a good common *pie-crust* allow half a pound of shortening to a pound of flour. If liked quite short, allow three-quarters of a pound of shortening to a pound of the flour. Pie crust looks the nicest made entirely of lard, but it does not taste so good as it does to have some butter used in making it. In winter, beef shortening, mixed with butter, makes good plain pie crust. Rub half of the shortening with two-thirds of the flour—to each pound of flour put a tea-spoonful of salt. When the shortening is thoroughly mixed with the flour, add just sufficient cold water to render it moist enough to roll out easily. Divide the crust into two equal portions—lay one of them one side for the upper crust, take the other, roll it out quite thin, flouring your rolling-board and pin, so that the crust will not stick to them, and line your pie plates, which should be previously buttered—fill your plates with your fruit, then roll out the upper crust as thin as possible, spread on the reserved shortening, sprinkle over the flour, roll it up, and cut it into as many pieces as you have pies to cover. Roll each one out about half an inch thick, and cover the pies—trim the edges off neatly with a knife, and press the crust down round the edge of the plate with a jagging iron, so that the juices of the fruit may not run out while baking. Pastry, to be nice, should be baked in a quick oven. In cold weather it is necessary to warm the shortening before using it for pie crust, but it must not be melted, or the crust will not be flaky.

PUFF PASTE, OR CONFECTIONER'S PASTRY.—Weigh out a pound and a quarter of sifted flour, and a pound of butter. Rub about one-third of the butter with two-thirds of the flour, a tea-spoonful of salt. When the butter is thoroughly mixed with the flour add one beaten egg, and cold water to moisten it sufficiently to roll out. Sprinkle part of the reserved flour on a board, cut the butter into small pieces, and roll them out as thin as possible. In order to do so, it will be necessary to rub a great deal of the flour on the moulding board and rolling-pin. Lay the butter, as fast as rolled out, on to a floured plate, each piece by itself—roll out the pastry as thin as it can be rolled, cover it with the rolled butter, sprinkle on part of the reserved flour, and roll the crust



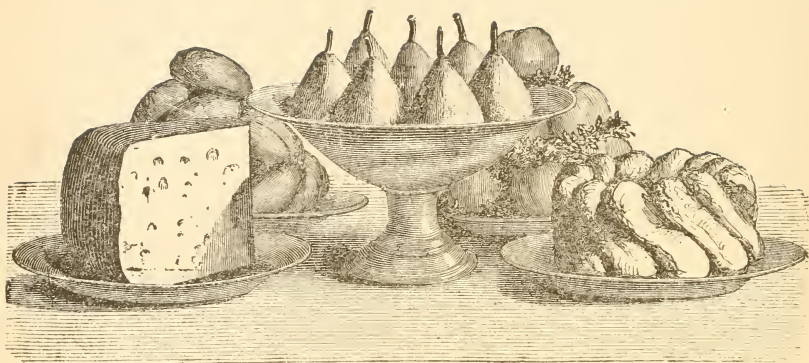
PASTES.

Pastes are comprised as follows: almond, rice, cocoanut, etc., and are made into numerous delectable dishes, the preparation of which is fully described in this volume.

CREAM CRUST.—Stir a little fine salt into a pound of dry flour, and mix gradually with it sufficient very thick, sweet cream to form a smooth paste; it will be found sufficiently good for common family dinners without the addition of butter; but to make an excellent crust, roll in four ounces in the usual way, after having given the paste a couple of *turns*. Handle it as lightly as possible in making it, and send it to the oven as soon as it is ready; it may be used for fruit tarts, puffs, and other varieties of small pastry, or for good meat pies. Six ounces of butter to the pound of flour will give a *very rich* crust.

Flour, one pound; salt, one small salt-spoonful (more for meat pies); rich cream, one-half to three-quarters of a pint; butter, four ounces; for richest crust, six ounces.

COMMON WINE SAUCE.—Sweeten a quarter-pint of good melted butter with an ounce and a half of sugar, and add to it gradually a couple of glasses of wine; stir it until it is at the point of boiling, and serve it immediately. Lemon-grate or nutmeg can be added at pleasure.



DESSERT.

All the dishes for dessert are now usually placed down the centre of the table, dried and fresh fruit alternately, the former being arranged on small round or oval glass plates and the latter on the dishes with stems. The fruit should always be gathered on the same day that it is required for the table, and should be tastefully arranged on the dishes, with leaves between and around it. Cheese, plain and grated, is very often served at dessert.

EXCELLENT LEMONADE.—Rasp, with a quarter-pound of sugar, the rind of a very fine juicy lemon, reduce it to powder, and pour on it the strained juice of the fruit. Press the mixture into a jar, and when wanted for use dissolve a table-spoonful of it in a glass of water. It will keep a considerable time. If too sweet for the taste of the drinker, a very small portion of citric acid may be added when it is taken.

CAFÉ NOIR.—This is the very essence of coffee, and is served in nearly all French families, as well as in those of many other countries, immediately after the dessert. About two-thirds of a small cupful—not more—sweetened almost to syrup with highly refined sugar in lumps, is usually taken by each person; commonly with liqueurs after it, but not invariably. To make it, proceed exactly as for the breakfast-coffee, but add only so much water as is required to make the strongest possible infusion. White sugar-candy in powder may be served with it in addition to the sugar in lumps.

up. Continue to roll out the crust, and put on the reserved butter and flour, till the whole is used. Roll it out lightly, about half an inch thick, for the upper crust, or rim to your pies—plain pie crust should be used for the under crust to the pies. Puff pastry, to be nice, should be baked in a quick oven till of a light brown color. If it browns before the fruit in the pie is sufficiently baked, cover it with thick paper.

RHUBARB PIES.—Take the tender stalks of the rhubarb, strip off the skin, and cut the stalks into thin slices. Line deep plates with pie crust, then put in the rhubarb, with a thick layer of sugar to each layer of rhubarb—a little grated lemon peel improves the pie. Cover the pies with a crust—press it down tight around the edge of the plate, and prick the crust with a fork, so that the crust will not burst while baking, and let out the juices of the pie. Rhubarb pies should be baked about an hour, in a slow oven—it will not do to bake them quick. Some cooks stew the rhubarb before making it into pies, but it is not so good as when used without stewing.

PUMPKIN PIE.—Halve the pumpkin, take out the seeds—riuse the pumpkin, and cut it into small strips—stew them over a moderate fire, in just sufficient water to prevent their burning to the bottom of the pot. When stewed soft, turn off the water, and let the pumpkin steam, over a slow fire, for fifteen or twenty minutes, taking care that it does not burn. Take it from the fire, and strain it when cool, through a sieve. If you wish to have the pies very rich, put to a quart of the stewed pumpkin two quarts of milk and twelve eggs. If you like them plain, put to the quart of pumpkin one quart of milk and three eggs. The thicker the pie is of the pumpkin, the less will be the number of eggs required for them. One egg, with a table-spoonful of flour, will answer for a quart of the pumpkin, if very little milk is used. Sweeten the pumpkin with sugar, and a very little molasses—the sugar and eggs should be beaten together. Ginger, grated lemon rind, or nutmeg, is good spice for the pies. Pumpkin pies require a very hot oven.

POTATOE PIE.—Boil Carolina or mealy Irish potatoes until they are quite soft. When peeled, mash and strain them. To a quarter of a pound of potatoes, put a quart of milk, three table-spoonfuls of melted butter, four beaten eggs, a wineglass of wine—add sugar and nutmeg to the taste.

PEACH PIE.—Take mellow juicy peaches—wash and put them in a deep pie plate, lined with pie crust. Sprinkle a thick layer of sugar on each layer of peaches, put in about a table-spoonful of water, and sprinkle a little flour over the top—co-

ver it with a thick crust, and bake the pie from fifty to sixty minutes.

COCOANUT PIE.—Cut off the brown part of the cocoanut, grate the white part, and mix it with milk, and set it on the fire, and let it boil slowly eight or ten minutes. To a pound of the grated cocoanut, allow a quart of milk, eight eggs, four table-spoonfuls of sifted white sugar, a glass of wine, a small cracker, pounded fine, two spoonfuls of melted butter, and half a nutmeg. The eggs and sugar should be beaten together to a froth, then the wine stirred in. Put them into the milk and cocoanut, which should be first allowed to get quite cool—add the cracker and nutmeg—turn the whole into deep pie plates, with a lining and rim of puff paste. Bake them as soon as turned into the plates.

A PLAIN CUSTARD PIE.—Boil a quart of milk with half a dozen peach leaves, or the rind of a lemon. When they have flavored the milk, strain it, and set it where it will boil. Mix a table-spoonful of flour, smoothly, with a couple of table-spoonfuls of milk, and stir it into the boiling milk. Let it boil a minute, stirring it constantly—take it from the fire, and when cool, put in three beaten eggs—sweeten it to the taste, turn it into deep pie plates, and bake the pies directly in a quick oven.

APPLE DUMPLINGS.—Pare and scoop out the core of six large baking apples, put part of a clove and a little grated lemon peel inside of each, and enclose them in pieces of puff paste; boil them in nets for the purpose, or bits of linen, for an hour. Before serving, cut off a small bit from the top of each, and put in a tea-spoonful of sugar, and a bit of fresh butter; replace the bit of paste, and strew over them pounded loaf sugar.

BATTER PUDDING.—Into a pint and a half of sifted flour stir gradually, so that it may not be lumpy, a quart of milk. Beat seven eggs, and put in, together with a couple of table-spoonfuls of melted butter, and a couple of tea-spoonfuls of salt. Grate in half of a nutmeg—add, if you want the pudding very rich, half a pound of raisins. They should not be put into a baked pudding till it has been cooking long enough to thicken, so that the raisins will not sink to the bottom. A pudding made in this manner is good either baked or boiled. It takes two hours to boil, and an hour and a quarter to bake it. When boiled, the bag should not be more than two-thirds full, as flour puddings swell very much. It should be put into boiling water, and kept boiling constantly. If the water boils away, so as to leave any part of the bag uncovered, more boiling water should be added. When the pudding has boiled eight or nine minutes,

the bag should be turned over, otherwise, the pudding will be heavy. Flour puddings should be eaten as soon as cooked, as they fall directly. Serve them up with rich sauce.

A PLAIN RICE PUDDING.—To make a plain rice pudding, boil a pint of rice until it is quite soft. Mix two ounces of butter and four table-spoonfuls of sugar, a quart of rich milk with the rice, boil them together, and let them partially cool. Beat five eggs until they are quite light and stir them into the rice. It should bake about an hour.

RICE MILK.—This dish is an excellent one, and very simply, and quickly made. After washing a pint of rice in two different waters, boil it well with about half a pound of raisins, from which the stems have been carefully picked. Pour off the water, and mix a quart of rich milk with the rice. Let it boil for about five minutes, and after mixing with it four table-spoonfuls of brown sugar, beat two eggs until they are light, and pour them into the milk, stirring it all the time. After the rice and eggs are well mixed together, they should boil from three to five minutes. If they are not well stirred, the eggs will form a custard on the surface, which is not desirable.

MINCE PIES.—Fresh tongue must be used. It should be for two days well covered with equal quantities of salt, brown sugar, and powdered cloves. After boiling it until it is thoroughly done—say two hours—skin it and mince it fine. Pick, wash, and dry three pounds of currants, grate the rind of five lemons and extract their juice, blanch and pound an ounce of bitter almonds and a pound of sweet almonds, powder four nutmegs, and grind together a dozen cloves and a dozen blades of mace; chop up three pounds of beef suet, six pounds of Sultana raisins, and six of the best pippin apples, after paring and coring them. Mix them together, pouring over them a quart of Madeira wine and a pint of brandy.

This mince meat should be placed in a tolerably deep dish and baked with puff paste. It should be thoroughly baked. Most persons prefer to eat these pies warm, but they are by no means unpalatable when cold.

These pies are richer when the mince meat has been left for a few days in a stone jar, closely covered with a paper which has been steeped in brandy. When taken out, a little more sugar and a small quantity of brandy should be added to the mixture before the pies are made.

ENGLISH PLUM PUDDING.—Soak three-quarters of a pound of crackers in two quarts of milk—they should be broken in small pieces. When they have soaked soft, put in a quarter of a

pound of melted butter, the same weight of rolled sugar, half a pint of wheat flour, a wine glass of wine, and a grated nutmeg. Beat ten eggs to a froth and stir them into the milk. Add half a pound of seeded raisins, the same weight of Zante currants, and a quarter of a pound of citron, cut in small strips. Bake or boil it a couple of hours.

BIRD'S NEST PUDDING.—If you wish to make what is called "bird's nest puddings," prepare your custard,—take eight or ten pleasant apples, pare them, dig out the core, but leave them whole, set them in a pudding dish, pour your custard over them, and bake them about thirty minutes.

ARROW ROOT PUDDING.—Dissolve four tea-cupfuls of arrow root in a quart of fresh milk. Boil it with a few bitter almonds pounded up, or peach leaves, to give it a flavor. Stir it well while it is boiling, or until it becomes a smooth batter. When it is quite cool, add six eggs, well beaten, to the batter, then mix with it a quarter of a pound of powdered white sugar—if brown is used it spoils the color. Grate some lemon peel into the mixture and add a little of the juice. The pudding should be baked an hour and sent to the table cold. Quince, raspberry, or strawberry preserves, may be served with it; and to add to the appearance, ornament the top with slices of preserves.

ORANGE PUDDING.—Wash half a pound of butter until all the salt is extracted, then mix it well with half a pound of powdered white sugar, and a wine-glass of brandy—wine may be used but it is not as good. Grate the rind of three ordinary sized oranges and squeeze their juice. Beat together six fresh eggs and stir them into the butter and sugar, after which, add the prepared orange. Lay a border of puff paste around the pudding dish, and then bake from half to three-quarters of an hour. Serve it cold, and grate over white sugar mixed with a little nutmeg. The latter ingredient, however, is not generally preferred.

LEMON PUDDING.—May be made in the same manner as orange puddings; substituting the lemons for oranges.

QUINCE PUDDING.—Pare six large quinces, cut out the cores and blemishes, chop them as fine as possible, and boil them two hours with as little water as possible, stirring them frequently that they may not burn. Drain off the water and mix them, when cold, with a pint of cream and half a pound of powdered sugar. Beat the yolks of seven eggs, using the whites of two, and stir them gradually into the mixture, to which add a glass of rose-water. Stir the whole together for some time and bake it in a buttered dish an hour, or if the oven is not very hot an hour and a half. Serve it cold.

COCOANUT PUDDING—A quarter of a pound of cocoanut, grated; a quarter pound of powdered white sugar; three ounces and a half of fresh butter; the whites only of six eggs; a table-spoonful of wine and brandy mixed; half a tea-spoonful of rose-water.

Break up a cocoanut, and take the thin brown skin carefully off, with a knife. Wash all the pieces in cold water, and then wipe them dry, with a clean towel. Weigh a quarter of a pound of cocoanut, and grate it very fine into a soup-plate. Stir the butter and sugar to a cream, and add the liquor and rose-water gradually to them. Beat the whites only of six eggs, till they stand alone on the rods; and then stir the beaten white of egg, gradually, into the butter and sugar. Afterwards, sprinkle in, by degrees, the grated cocoanut, stirring hard all the time. Then stir all very well at the last. Have ready a puff-paste, sufficient to cover the bottom, sides, and edges of a soup-plate. Put in the mixture, and bake it in a moderate oven, about half an hour. Grate loaf-sugar over it, when cool.

BAKED APPLE PUDDING—A pint of stewed apples; half a pint of cream, or two ounces of butter; a quarter of a pound of powdered sugar; a nutmeg, grated; a table-spoonful of rose-water; a tea-spoonful of grated lemon-peel.

Stew your apple in as little water as possible, and not long enough for the pieces to break and lose their shape. Put them in a cullender to drain, and mash them with the back of a spoon. If stewed too long, and in too much water, they will lose their flavor. When cold, mix with them the nutmeg, rose-water, and lemon-peel, and two ounces of sugar. Stir the other two ounces of sugar, with the butter or cream, and then mix it gradually with the apple. Bake it in puff-paste, in a soup-dish, about half an hour in a moderate oven. Do not sugar the top.

BOSTON PUDDING.—Make a good common paste with a pound and a half of flour, and three-quarters of a pound of butter. When you roll it out the last time, cut off the edges, till you get the sheet of paste of an even square shape.

Have ready some fruit sweetened to your taste. If cranberries, gooseberries, dried peaches, or damsons, they should be stewed, and made very sweet. If apples, they should be stewed in a very little water, drained, and seasoned with nutmeg, rose-water, and lemon. If currants, raspberries, or blackberries, they should be mashed with sugar, and put into the pudding raw.

Spread the fruit very thick, all over the sheet of paste

(which must not be rolled out too thin). When it is covered all over with the fruit, roll it up, and close the dough at both ends, and down the last side. Tie the pudding in a cloth and boil it. Eat it with sugar. It must not be taken out of the pot till just before it is brought to table.

QUAKING PUDDING.—Grate stale bread until you have a tea-cupful, add to it six well-beaten eggs, and a heaping tea-spoonful of rice flour; stir them into a quart of milk, add a small tea-spoonful of salt, tie it in a well-floured pudding cloth, and boil for two hours; when done, turn it out, and serve with wine sauce heaped upon it; it is best to boil it in a basin. This pudding may be baked in a well-buttered basin, then turned out, and served with wine sauce upon it; one hour will bake it in a quick oven.

WHORTLEBERRY.—This pudding may be made both of flour and Indian meal. Use a pint of milk, some molasses, and a little salt, stirred quite stiff with meal, and a quart of berries mixed in with a spoon. Tie the bag loose, and let it boil three hours. When made of flour, prepare it like batter puddings, rather stiff, to keep the berries from settling. Boil two hours. Tie the bag loose.

YORKSHIRE, UNDER ROAST MEAT.—This pudding is an especially excellent accompaniment to a sirloin of beef, loin of veal, or any fat and juicy joint. Six table-spoonfuls of flour, three eggs, a tea-spoonful of salt, and a pint of milk, so as to make a middling stiff batter, a little stiffer than you would for pancakes; beat it up well, and take care it is not lumpy; put a dish under the meat, and let the drippings drop into it till it is quite hot and well greased; then pour in the batter; when the upper surface is brown and set, turn it, that both sides may be brown alike: if you wish it to cut firm, and the pudding an inch thick, it will take two hours at a good fire.

N. B.—The true Yorkshire pudding is about half an inch thick when done; but it is the fashion in London to make them full twice that thickness.

PEACH PUDDING.—Line a deep pudding-dish with slices of baker's bread cut thin. Fill up the dish with ripe peaches cut in pieces and sugared, cover the top with some bread sliced thin, buttered and dipped in the yolk of an egg well beaten; bake, and serve with milk or cream.

SAGO PUDDING.—Pick, wash, and dry half a pound of currants; and put in such spices as best suit the taste of those who are to eat it. Have ready six table-spoonfuls of sago, picked clean, and soaked for two hours in cold water. Boil the sago in a quart of milk till quite soft. Then stir alternately into the milk, a quarter of a pound of butter and six ounces of powdered sugar, and set it away to cool. Beat eight eggs, and when they are quite light, stir them gradually into the milk, sago, &c. Add the spice, and lastly the currants; having dredged them well with flour to prevent their sinking. Stir the whole very hard, put it into a buttered dish, and bake it three-quarters of an hour. It may be eaten cold.

TAPIOCA PUDDING.—To two quarts of warm milk put eight table-spoonfuls of tapioca, four beaten eggs, a table-spoonful of butter, and cinnamon or mace to the taste. Mix four table-spoonfuls of white powdered sugar, and a wine-glass of wine, and stir it into the rest of the ingredients. Turn the whole into a pudding dish that has a lining of pastry, and bake it immediately.

INDIAN PUDDING.—Sift a pint of Indian meal and scald it with boiling water. Place over the fire a quart of milk, cut up a quarter of a pound of butter and melt it in the hot milk—add a pint of sugar-house molasses, and mix them together until the milk boils. Stir it into the meal, mixing it well with a wooden spoon. Beat seven eggs, until they are perfectly light, pour them into the bowl that holds the meal, with ten drops of the essence of lemon, or a little lemon juice.

Stir the mixture until it seems quite light, and bake it in a moderately hot oven.

A BAKED BREAD PUDDING.—This is a very excellent dish when properly mixed. Crumble half a loaf of bread, a stale loaf is preferable, and cut up the crust as small as possible. Boil a quart of milk, cut up a quarter of a pound of butter in slices, and melt it in the hot milk—add six table-spoonfuls of sugar. Pour the milk over the bread, and mix with it a glass of good brandy. Brandy in which lemon peel has been soaked for some time is the best for this purpose, and gives a fine flavor to the pudding. Beat seven eggs quite light, and stir them into the mixture. If the pudding is to be placed immediately in the oven, it is not necessary that the mixture should cool before the eggs are added.

This pudding in a brisk oven will bake in less than an hour.

PLAIN FRITTERS.—Stir a quart of milk gradually into a quart of flour—put in a tea-spoonful of salt and seven beaten eggs. Drop them by the large spoonful into hot lard, and fry them

till a very light brown color. They are the lightest fried in a great deal of fat, but less greasy if fried in just fat enough to keep them from sticking to the frying pan. Serve them up with liquid pudding sauce.

APPLE FRITTERS.—Take four or five tart, mellow apples, pare and cut them in slices, and soak them in sweetened lemon juice. Make a batter of a quart of milk, and a quart of flour, eight eggs—grate in the rind of two lemons, and the juice, and apples. Drop the batter by the spoonful into hot lard, taking care to have a slice of apple in each fritter.

CREAM FRITTERS.—Mix a pint and a half of wheat flour with a pint of milk—beat six eggs to a froth, and stir them into the flour—grate in half a nutmeg, then add a pint of cream, a couple of tea-spoonfuls of salt. Stir the whole just long enough to have the cream get well mixed in, then fry the mixture in small cakes.

APPLE CUSTARDS.—Take half a dozen tart, mellow apples—pare and quarter them, and take out the cores. Put them in a pan, with half a tea-cup of water—set them on a few coals. When they begin to grow soft, turn them into a pudding dish, sprinkle sugar on them. Beat eight eggs with rolled brown sugar—mix them with three pints of milk, grate in half a nutmeg, and turn the whole over the apples. Bake the custard between twenty and thirty minutes.

PLAIN CUSTARD.—Take a quart of cream or new milk, a stick of cinnamon, four bay leaves, and some mace; boil them all together; then well beat up twelve eggs, sweeten them, and put them into a pan; bake or boil them, stirring them all one way, till they are of a proper thickness; boil your spice and leaves first, and when the milk is cold mix your eggs and boil it; you may leave out the spice, and only use the bay leaves, or, in the room of that, four or five bitter almonds.

CUSTARD PUDDING.—Mix a pint of cream with six eggs, well beaten, two spoonfuls of flour, half a nutmeg grated, and salt and sugar to your taste; butter a cloth, and pour in your batter; tie it up, put it into a saucepan of boiling water, and let it boil for an hour and a half. Serve with melted butter for sauce.

PANCAKES.—Make a good batter in the usual way, with eggs, milk, and flour; pour this into a pan, so that it lays very thin; let your lard, or whatever else you fry them in, be quite hot. When one side is done, toss it up lightly to turn it. Serve with lemon and sugar.

RICE PANCAKES.—Boil half a pound of rice in a small quantity of water, until quite a jelly; as soon as it is cold, mix it with a pint of cream, eight eggs, a little salt and nutmeg; make eight ounces of butter just warm, and stir in with the rest, adding to the whole as much butter as will make the batter thick enough. They must be fried in as small a quantity of lard as possible.

GOOSEBERRY OR APPLE TRIFLE.—Scald a sufficient quantity of fruit, and pulp it through a sieve, add sugar agreeable to your taste, make a thick layer of this at the bottom of your dish; mix a pint of milk, a pint of cream, and the yolks of two eggs, scald it over the fire, observing to stir it; add a small quantity of sugar, and let it get cold. Then lay it over the apples or gooseberries with a spoon, and put on the whole a whip made the day before.

If you use apples, add the rind of a lemon grated.

BLAND MANGE.—To one ounce of pickled isinglass, put a pint of water, boil it till the isinglass is melted, with a bit of cinnamon; put to it three-quarters of a pint of cream, two ounces of sweet almonds, six bitter ones, blanched and beaten, a bit of lemon peel, sweeten it, stir it over the fire, let it boil, strain and let it cool, squeeze in the juice of a lemon, and put into moulds; garnish to your fancy.

CALF'S FEET BLAND MANGE.—Boil four or five quarts of water, without any salt. When the liquor is reduced to one quart, strain and mix it with one quart of milk, several sticks of cinnamon, or a vanilla bean. Boil the whole ten minutes, sweeten it to the taste with white sugar, strain it, and fill your moulds with it.

A FLOATING ISLAND.—Take a pint of thick cream, sweeten with *fine* sugar, grate in the peel of one lemon, and add a gill of sweet white wine; whisk it well till you have raised a good froth; then pour a pint of thick cream into a china dish, take one French roll, slice it thin, and lay it over the cream as lightly as possible; then a layer of clear calves' feet jelly, or currant jelly; then whip up your cream, and lay on the froth as high as you can, and what remains pour into the bottom of the dish. Garnish the rim with sweetmeats.

RICE JELLY.—Half a pound of Carolina rice, three pints and a half of water. Put it on cold; *boil* it one hour. Beat it through a sieve; when cold it will be a firm jelly, which when warmed up in milk, is a nutritious and very agreeable food. Add one pint of milk to the pulp which remains in the sieve,

boil it for a short time, stirring constantly to prevent burning; then strain as before, and if eaten at once it resembles thick milk; if allowed to get cold, it becomes jelly as the former.

SNOW CREAM.—Beat the whites of four eggs to a stiff froth—then stir in two table-spoonfuls of powdered white sugar, a table-spoonful of sweet wine, a tea-spoonful of rose water. Beat the whole together, then add a pint of thick cream. This is a nice accompaniment to a dessert of sweetmeats.

LEMON CREAM.—Take a pint of thick cream, and put it to the yolks of two eggs well beaten, four ounces of fine sugar, and the thin rind of a lemon; boil it up, then stir it till almost cold; put the juice of a lemon in a dish or bowl, and pour the cream upon it, stirring it till quite cold.

Serve it in a large glass bowl, or in custard cups or small glasses with handles.

It is generally eaten with preserves.

ORANGE CREAM.—Pare four oranges very thin, into twelve spoonfuls of water, and squeeze the juice on six ounces of finely powdered sugar. Beat the yolks of nine eggs *well*; add the peel and juice, beat them together for some time. Then strain the whole through a flannel into a silver, or very nice black tin sauce-pan; set it over a gentle fire, and stir it one way till pretty thick, and sealding hot, but not boiling, or it will curdle. Pour it into jelly glasses. A few lumps of sugar should be rubbed hard on the lemons before they are pared, or after, as the peel will be so thin as not to take all the essence, and the sugar will extract it, and give a better color and flavor.

CALF'S FEET JELLY.—Take the fat and bones from eight feet, and soak them in water for three or four hours; then boil them in six quarts of water, skimming often; when reduced to a third, strain and set it by to cool; when cold, take every particle of fat from the top, and remove whatever may have settled at the bottom. Dissolve it in an earthen pan, adding to it two quarts of white wine, mace, cinnamon and ginger, or not, as you please. Beat up the white of twelve eggs with three pounds of fine sugar, mix these with the jelly, boil it gently, adding the juice of two lemons, and then strain it for use.

SYLLABUB OR WHIPPED CREAM.—Mix together the juice of three large lemons, a pint of white wine, and half a pound of the best loaf sugar. The juice of the rind of the lemons should have been extracted by rubbing lumps of the sugar over them, as this will give a fine flavor to the syllabub. Whip the cream to a stiff froth with a bunch of quills tied together, and pour the

cream into jelly glasses. Each glass may be ornamented by laying one or two raspberries, preserved whole, upon the top of the cream. Sometimes the glass is half filled with jelly and the cream poured over it.

APPLE CHARLOTTE.—Cut a sufficient number of thin slices of white bread to cover the bottom and line the sides of a baking-dish, first rubbing it thickly with butter. Put thin slices of apples into the dish in layers, till the dish is full, strewing sugar and bits of butter between. In the meantime, soak as many thin slices of bread as will cover the whole, in warm milk: over which place a plate, and a weight, to keep the bread close upon the apples; let it bake slowly for three hours. For a middling sized dish, you should use half a pound of butter for the whole.

ICE CREAMS.—Split into pieces a vanilla bean, and boil it in a very little milk till the flavor is well extracted; then strain it. Mix two table-spoonfuls of arrow-root powder, or the same quantity of fine powdered starch, with just sufficient cold milk to make it a thin paste: rubbing it till quite smooth. Boil together a pint of cream and a pint of rich milk; and while boiling stir in the preparation of arrow-root, and the milk in which the vanilla has been boiled. When it has boiled hard, take it off, stir in half a pound of powdered loaf-sugar, and let it come to a boil again. Then strain and put it into a freezer placed in a tub that has a hole in the bottom to let out the water; and surround the freezer on all sides with ice broken finely, and mixed with coarse salt. Beat the cream hard for half an hour. Then let it rest, occasionally taking off the cover, and scraping down with a long spoon the cream that sticks to the sides. When it is well frozen, transfer it to a mould; surround it with fresh salt and ice, and then freeze it over again. If you wish to flavor it with lemon instead of vanilla, take a large lump of sugar before you powder it, and rub it on the out-side of a large lemon till the yellow is all rubbed off upon the sugar. Then, when the sugar is all powdered, mix with it the juice. Do the same for orange.

For strawberry ice cream, mix with the powdered sugar the juice of a quart of ripe strawberries squeezed through a linen bag.

PINE APPLE ICE CREAM—Pare a ripe juicy pine apple, chop it up fine and pound it to extract the juice. Cover it with sugar, and let it lie awhile in a china bowl. When the sugar has entirely melted, strain the juice into a quart of good cream, and add a little less than a pound of loaf sugar. Beat up the cream and freeze it in the same manner as common ice cream.

OMELETTE SOUFFLE.—It has generally been supposed by all housewives, that an omelette souffle was a delicacy which they would find it very difficult to make; this is an error, as they will discover if they will but adhere to the following directions :

Separate the whites from the yolks of six eggs, taking care to remove the specks. Add to the yolks two spoonfuls of dry pounded sugar and a little lemon juice; work them well together. Whip the whites until they are firm, then mix them with the rest. Put a small piece of butter into a well cleansed frying-pan, let it melt upon a slow fire, then add the omelette—taking great care that it does not burn. Turn it out upon a dish, glaze by strewing sugar over it, then put it into the oven: when it has risen, glaze it again and serve it up quickly.

Orange flower water may be used instead of lemon juice. It should be eaten with preserves.

An Omelette Souffle should not be cooked till the moment it is wanted. Its whole delicacy, indeed, depends upon its being quickly baked, being very light, and, as Dr. Kitchener observes, its making but one movement—viz: from the fire to the throat of the guest. The great art is to make it light, foamy, and, as it were, effervescent. A heavy omelette souffle is a contradiction in terms. The name gives the lie to its genuineness, when brought on the table having the consistency of a poor batter pudding.

HASTY PUDDING.—Boil water, a quart, three pints, or two quarts, according to the size of your family; sift your meal, stir five or six spoonfuls of it thoroughly into a bowl of water; when the water in the kettle boils, pour into it the contents of the bowl; stir it well and let it boil up thick; put in salt to suit your own taste, then stand over the kettle, and sprinkle in meal, handful after handful, stirring it very thoroughly all the time, and letting it boil between whites. When it is so thick that you stir it with difficulty, it is about right. It takes about half an hour's cooking. Eat it with milk or molasses. Either Indian meal or rye meal may be used. If the system is in a restricted state, nothing can be better than *rye* hasty pudding and *West India* molasses. This diet would save many a one the horrors of dyspepsia.

RHUBARB STALKS, OR PERSIAN APPLE.—Rhubarb stalks or the Persian apple is the earliest ingredient for pies, which the spring offers. The skin should be carefully stripped, and the stalks cut into small bits, and stewed very tender. These are dear pies, for they take an enormous quantity of sugar. Seasoned like apple pies. Goosberries, currants, &c., are stewed, sweetened,

and seasoned like apple pies, in proportions suited to the sweetness of the fruit; there is no way to judge but by your own taste. Always remember it is more easy to add seasoning than to diminish it.

HAM DUMPLINGS.—Take an equal portion of the fat and lean of a cold ham, and chop it up fine, mix in a little pepper and some minced sage. Then make a paste, allowing half a pound of either butter or beef suet to a pound of flour. Roll it out thick and divide it in small pieces, put some of the minced meat in each, close up the crust on one side, and tie each one of the dumplings in a separate cloth. Put them in a pot of hot water, and let them boil for three quarters of an hour or an hour.

LIVER DUMPLINGS.—Chop a calf's liver very fine and mix with it half a pound of beef suet; half a pound of flour; two onions; a handful of bread crumbs; a little mace, cloves, pepper, salt, half a tablespoonful of parsley, and half a tablespoonful of sweet marjoram. Chop it all up very fine, then beat six eggs very light, stir them into the mixture, and make it into dumplings, remembering to flour your hands well at every one. Drop them into a pot of hot water, and let them boil an hour. When they are done sprinkle some crumbs of bread over them, which you must first put in a frying-pan with a little butter to brown them.

WHOLE RICE IN A SHAPE.—Wash a large teacupful of rice in several waters, put it into a saucepan with cold water to cover it, and when it boils, add two cupfuls of rich milk, and boil it till it becomes dry; put it into a shape and press it in well. When cold, turn it out, and serve with preserved currants, raspberries, or any sort of fruit round it.

GOOSEBERRY CUSTARD.—Pick a quart of green gooseberries, cover them with water and let them stew until they are quite broken. Those that appear to be harder than the others you can mash with a spoon. Pass it all through a cullender, then mix with it a tablespoonful of butter, and sugar to your taste. Beat three eggs very light. Stir them into the gooseberries. Put the mixture over a slow fire and let it cook for about ten minutes, stirring it all the time; but it must not be allowed to boil. Put it into glasses and grate a little nutmeg over the top. It will be best cold.

STEWED PRUNES.—Stew them gently in a small quantity of water till the stones will slip out; but observe, they must not be

CAKES, ETC.

boiled too much. These are useful in any complaint where fruit is proper, especially in fevers.

DUTCH FLUMMERY.—Boil, with a pint of white wine, some sugar, the juice of two and the peel of one lemon, a stick of cinnamon, and half an ounce of dissolved isinglass; strain and mix it with the well-beaten yolks of seven eggs, stir it over the fire till it simmers, but do not allow it to boil; stir it till quite cold, and put it into a shape.

CAKES, &c.

In making Cake, accuracy in proportioning the ingredients is indispensable. It is equally indispensable for the success of the cake that it should be placed in a heated oven as soon as prepared. It is useless to attempt to make light cake unless the eggs are perfectly fresh, and the butter good. Neither eggs nor butter and sugar should be beaten in tin, as its coldness prevents their becoming light. To ascertain if a large cake is perfectly done, a broad-bladed knife should be plunged into the centre of it; if dry and clean when drawn out, the cake is baked. For a smaller cake, insert a straw or the whisp of a broom; if it comes out in the least moist the cake should be left in the oven.

FROSTING CAKES.—Allow for the white of one egg nine heaping teaspoonfuls of double-refined sugar, and one of nice Poland starch. The sugar and starch should be pounded, and sifted through a very fine sieve. Beat the whites of eggs to a stiff froth, so that you can turn the plate upside down, without the eggs falling from it—then stir in the sugar gradually with a wooden spoon—stir it ten or fifteen minutes without any cessation—then add a teaspoonful of lemon-juice (vinegar will answer, but is not as nice)—put in sufficient rose-water to flavor it. If you wish to color it pink, stir in a few grains of cochineal powder, or rose pink—if you wish to have it of a blue tinge, add a little of what is called powder blue. Lay the frosting on the cake with a knife, soon after it is taken from the oven—smooth it over, and let it remain in a cool place till hard. To frost a common sized loaf of cake, allow the white of one egg, and half of another.

PLUM CAKE, OR NEW ENGLAND WEDDING CAKE.—One pound of dry flour, one pound of sweet butter, one pound of sugar, twelve eggs, two pounds of raisins (the sultana raisins are the best), two pounds of currants. As much spice as you please.

A glass of wine, one of brandy, and a pound of citron. Mix the butter and sugar as for pound cake. Sift the spice, and beat the eggs very light. Put in the fruit last, stirring it in gradually. It should be well floured. If necessary, add more flour after the fruit is in. Butter sheets of paper, and line the inside of one large pan, or two smaller ones. Lay in some slices of citron, then a layer of the mixture, then of the citron, and so on till the pan is full. This cake requires a tolerably hot and steady oven, and will need baking four or five hours, according to its thickness. It will be better to let it cool gradually in the oven. Ice it when thoroughly cold.

SCOTCH CAKE.—Stir to a cream a pound of sugar, and three-quarters of a pound of butter—put in the juice and grated rind of a lemon, and a wine glass of brandy. Separate the whites and yolks of nine eggs, beat them to a froth, and stir them into the cake—then add a pound of sifted flour, and just before it is put in the cake pans, a pound of seeded raisins.

POUNDED CAKE.—Mix a pound of sugar with three-quarters of a pound of butter. When worked white, stir in the yolk of eight eggs, beaten to a froth, then the whites. Add a pound of sifted flour, and mace or nutmeg to the taste. If you wish to have your cake particularly nice, stir in, just before you put it into the pans, a quarter of a pound of citron, or almonds blanched, and powdered fine in rose-water.

CUP CAKES.—Mix three tea-cups of sugar with one and a half of butter. When white, beat three eggs, and stir them into the butter and sugar, together with three tea-cups of sifted flour, and rose-water or essence of lemon to the taste. Dissolve a tea-spoonful of saleratus in a tea-cup of milk, strain it into the cake, then add three more tea-cups of sifted flour. Bake the cake immediately, either in cups or pans.

JUMBLES.—Stir together, till of a light color, a pound of sugar and half the weight of butter—then add eight eggs, beaten to a froth, essence of lemon, or rose-water, to the taste, and flour to make them sufficiently stiff to roll out. Roll them out in powdered sugar, about half an inch thick, cut it into strips about half an inch wide, and four inches long, join the ends together, so as to form rings, lay them on flat tins that have been buttered, and bake them in a quick oven.

NEW YEAR'S COOKIES.—Weigh out a pound of sugar, three-quarters of a pound of butter—stir them to a cream, then add three beaten eggs, a grated nutmeg, two table-spoonfuls of caraway seed, and a pint of flour. Dissolve a tea-spoonful of sal-

eratus in a tea-cup of milk, strain and mix it with half a tea-cup of cider, and stir it into the cookies—then add flour to make them sufficiently stiff to roll out. Bake them as soon as cut into cakes, in a quick oven, till a light brown.

SUGAR CAKE.—Take half a pound of dried flour, the same quantity of fresh butter washed in rose-water, and a quarter of a pound of sifted loaf sugar—then mix together the flour and sugar—rub in the butter, and add the yolk of an egg beaten with a table-spoonful of cream; make into a paste, roll, and cut it into small round cakes, which bake upon a floured tin.

QUEEN CAKE.—Beat one pound of butter to a cream, with some rose-water, one pound of flour dried, one pound of sifted sugar—beat all well together—add a few currants washed and dried—butter small pans of a size for the purpose, grate sugar over them—they are soon baked. They may be done in a Dutch oven.

ALMOND CAKE.—Blanch half a pound of sweet, and three ounces of bitter almonds—pound them to a paste in a mortar with orange-flour water—add half a pound of sifted loaf sugar, and a little brandy—whisk separately, for half an hour, the whites and yolks of twenty eggs, and the yolks to the almonds and sugar, and then stir in the whites, and beat them all well together. Butter a tin pan, sift bread raspings over it, put the cake into it, over the top of which strew sifted loaf sugar. Bake it in a quick oven for half or three-quarters of an hour.

HONEY CAKE.—One pound and a half of dried and sifted flour, three-quarters of a pound of honey, half a pound of finely pounded loaf sugar, a quarter of a pound of citron, and half an ounce of orange-peel cut small, of pounded ginger and cinnamon three-quarters of an ounce. Melt the sugar with the honey, and mix in the other ingredients; roll out the paste, and cut it into small cakes of any form.

BRIDES CAKE.—Take four pounds of fine flour well dried, four pounds of fresh butter, two pounds of loaf sugar, pounded and sifted fine, a quarter of an ounce of mace, and the same quantity of nutmegs; to every pound of flour put eight eggs; wash and pick four pounds of currants, and dry them before the fire; blanch a pound of sweet almonds, and cut them lengthways, very thin, a pound of citron, a pound of candied orange, a pound of candied lemon, and half a pint of brandy; first work the butter with your hand to a cream, then beat in your sugar a quarter of an hour; beat the whites of your eggs to a very strong froth; mix them with your sugar and butter; beat the

yolks half an hour, at least, and mix them with your cake; then put in your flour, mace, and nutmeg; keep beating it till the oven is ready; put in your brandy, and beat the currants and almonds lightly in; tie three sheets of paper round the bottom of your hoops to keep it from running out; rub it well with butter, put in your cake, and the sweetmeats in three lays, with cake between every lay; after it is risen and colored, cover it with paper before your oven is stopped up; it will take three hours' baking.

COCOANUT CAKES.—Take equal weights of grated cocoanut and powdered white sugar (the brown part of the cocoanut should be cut off before grating it), add the whites of eggs beaten to a stiff froth, in proportion of half a dozen to a pound each of cocoanut and sugar. There should be just eggs enough to wet up the whole stiff. Drop the mixtures on to buttered plates, in parcels of the size of a cent, several inches apart. Bake them immediately in a moderately warm oven.

SAVOY CAKES.—Beat eight eggs to a froth—the whites and yolks should be beaten separately, then mixed together, and a pound of powdered white sugar stirred in gradually. Beat the whole well together, for eight or ten minutes, then add the grated rind of a fresh lemon, and half the juice, a pound of sifted flour, a couple tablespoonfuls of coriander seed. Drop this mixture by the large spoonful on to buttered baking plates, several inches apart, sift white sugar over them, and bake them immediately in a quick, but not a furiously hot oven.

CREAM CAKE.—Sift some double-refined sugar; beat the whites of seven or eight eggs; shake in as many spoonfuls of sugar; grate in the rind of a large lemon; drop the froth on a paper, laid on tin, in lumps at a distance; sift a good deal of sugar over them; set them in a moderate oven; the froth will rise; just color them; you may put raspberry jam, and stick two bottoms together; put them in a cool oven to dry.

SUPERIOR SPONGE CAKE.—Take the weight of ten eggs in powdered loaf sugar, beat it to a froth with the yolks of twelve eggs, put in the grated rind of a fresh lemon, leaving out the white part—add half the juice. Beat the whites of twelve eggs to a stiff froth, and mix them with sugar and butter. Stir the whole without any cessation for fifteen minutes, then stir in gradually the weight of six eggs in sifted flour. As soon as the flour is well mixed in, turn the cake into pans lined with buttered paper—bake it immediately in a quick, but not a furiously hot oven. It will bake in the course of twenty minutes. If it bakes too fast, cover it with thick paper.

A CHARLOTTE Russe.—It is very difficult to prepare this delicate dish, and we advise all inexperienced housekeepers not to undertake it without the superintendence of a professed cook.

Extract the flavor from a vanilla bean by boiling it in half a pint of milk. The milk must then be strained, and when cold mix with it a quarter of a pound of loaf sugar. Beat the yolks of four eggs very light and stir them into the mixture. Heat it over the fire for five minutes, until it becomes a custard, but take great care that it does not boil. Boil an ounce of isinglass with a pint of water. The isinglass must be thoroughly dissolved before it is fit for use, and one-half of the water boiled away. The custard being cold drain the isinglass into it, and stir them hard together. Leave them to cool while you prepare the rest of the mixture. Whip a quart of cream to a froth (the cream should be rich), and mix it with the custard. In whipping the cream great care should be taken to make it quite light. The safest way is to remove the froth as fast as it gathers, with a strainer, until the whole is whipped.

Take two round slices of almond sponge cake, glaze them with the beaten white of egg mixed with sugar. Lay one on the bottom of a circular mould and reserve the other for the top.

Cut some more sponge cake into long pieces, glaze them carefully with the egg, and line the sides of the mould with them. Each piece should lap a little over the other, or the form will not be perfect. The custard will by this time be just beginning to congeal; pour it gently into the mould and cover the top with the piece of cake which has already been prepared. The cake around the sides must be trimmed evenly, so that the upper piece will fit without leaving any vacancies.

Pound some ice and throw it into a tub, covering it well with coarse salt. The mould should then set into the midst of this ice, and must remain there an hour. Prepare an icing with powdered sugar and the beaten white of egg, flavoring it with lemon juice or essence of lemon, orange, or rose water, according to the taste. The Charlotte Russe is then turned out upon a handsome dish, and iced over. It should be moved about as little as possible, and to ensure success in preparing it, the utmost care must be taken to follow the above directions.

At large parties a Charlotte Russe is as indispensable on the supper table as ice-cream.

A CHARLOTTE POLONAISE.—Beat together the yolks of six eggs, which must be perfectly fresh. Mix with them two tablespoonfuls of flour. Boil a pint and a half of cream and stir the eggs with it. Great care should be taken that the flour is not in lumps. The cream must still be kept over the fire, and it may boil slowly for ten minutes or more. Stir it continually, and be sure that the fire is not too hot.

Divide the mixture into two separate parts. Scrape six ounces of chocolate quite fine, break up a pound of macaroons, and add to them two ounces of powdered sugar. Mix this with the ingredients of one pan. Boil it a few moments, stir as before, take it from the fire, stir a little longer, and leave it to cool.

Blanch a dozen bitter almonds, and four ounces of shelled sweet almonds. Pound them in a mortar, with a little rose water, until they are quite fine; add an ounce of chopped citron, and pound them again. Pour the contents of the mortar into a dish, and add to them four ounces of powdered sugar. Stir this mixture into the other half of the cream, and let it boil gently. Take it off and put it in a cool place.

Cut a sponge cake (it should be a large one) into slices about half an inch thick. Spread alternately one slice with the chocolate cream, and another with the almond cream. Pile them evenly on a china dish until the slices have all been used.

Whip together the whites of six eggs until they become a stiff froth, mix with it six ounces of powdered sugar and twelve drops of oil of lemon. Some persons prefer rose water, but it is not generally considered as good. Pour this mixture lightly over the pile of cake, using a spoon to distribute it evenly, and then sift some sugar (not too finely powdered) over it. It should be left in a slow oven until the outside is browned. If the oven is too hot it will become deeply browned, and will not look well. It may be ornamented with slices of peach or quince, cut in fanciful shapes, or drops of jelly, or raspberries preserved whole. Should the chocolate cream be too thin, thicken it with crumbled macaroons. Should the cream be too thin, add in more pounded citron. Should either of the mixtures be too thick, dilute it with cream. Some persons prefer a Charlotte Polonaise to a Charlotte Russe, as more delicate and of more decided flavor.

GINGERBREAD.—Rub one pound of butter well into three pounds of flour; then add one pound of powdered sugar, one pound of molasses, and two ounces of ginger, pounded and sifted very fine; then warm a quarter of a pint of cream, and mix all together; you may add caraways and sweetmeats if you choose; make it into a stiff paste, and bake it in a slow oven.

SPONGE GINGERBREAD.—Melt a piece of butter of the size of a hen's egg—mix it with a pint of nice molasses, a table-spoonful of ginger, and a quart of flour. Dissolve a heaping table-spoonful of saleratus in half a pint of milk, and strain and mix it with the rest of the ingredients, add sufficient flour to enable you to roll it out easily, roll it out about half an inch thick, and bake it on flat tins in a quick oven.

GINGER SNAPS.—Melt a quarter of a pound of butter, the same quantity of lard—mix them with a quarter of a pound of

brown sugar, a pint of molasses, a couple of table-spoonfuls of ginger, and a quart of flour. Dissolve a couple of tea-spoonfuls of saleratus in a wine-glass of milk, and strain it into the cake—add sufficient flour to enable you to roll it out very thin, cut it into small cakes, and bake them in a slow oven.

DOUGH NUTS.—A pound and a half of flour, three eggs, half a spoonful of pearlash, two ounces of butter, six ounces of sugar, one cup of milk. Spice to your taste, and fry in lard.

CAKES FOR BREAKFAST AND TEA.

BUCKWHEAT CAKES.—Mix a quart of buckwheat flour with a pint of lukewarm milk, (water will do, but is not as good,) and a tea-cup of yeast—set it on a warm place to rise. When light, (which will be in the course of eight or ten hours if family yeast is used, if brewer's yeast is used they will rise much quicker,) add a tea-spoonful of salt—if sour, the same quantity of saleratus dissolved in a little milk and strained. If they are too thick, thin them with cold milk or water. Fry them in just fat enough to prevent their sticking to the frying pan.

RICE CAKES.—Boil a cupfull of rice until it becomes a jelly, while it is warm mix a large lump of butter with it, and add a little salt. Add as much milk to a small tea-cupful of flower as will make a tolerable stiff batter—stir it until it is quite smooth, and then mix it with the rice. Beat six eggs as light as possible and add them to the rice.

These cakes are fried on a griddle as all other pancakes—they must be carefully turned.

Serve them with powdered sugar and nutmeg. They should be served as hot as possible, or they will become heavy—and a heavy pancake is a very poor affair.

FLANNEL CAKES.—Stir into two pints of flour as much milk as will make a light batter. Melt a large lump of butter and add with it a little salt. Beat together five eggs and stir them into the batter.

These cakes are to be baked on a griddle. Serve them with powdered sugar.

It is customary to mix with the butter a table-spoonful of yeast and leave it to rise for several hours; but this is unnecessary unless you wish to bake the cakes in waffle or wafer molds.

BANNOCK OR INDIAN MEAL CAKES.—Stir to a cream a pound and a quarter of brown sugar, a pound of butter—beat six eggs and mix them with the sugar and butter—add a teaspoonful of cinnamon or ginger—stir in a pound and three-quarters of white Indian meal, and a quarter of a pound of wheat flour (the meal should be sifted). Bake it in small cups, and let it remain in them till cold.

ROLLS.—Warm an ounce of butter in half a pint of milk, then add a spoonful and a half of yeast of small beer, and a little salt. Put two pounds of flour into a pan, and put in the above. Set it to rise for an hour; knead it well; make it into seven rolls, and bake them in a quick oven.

HOT SHORT ROLLS.—Dry before the fire a sufficient quantity of flour to make three penny rolls; or larger if you like; add to it an egg well beaten, a little salt, two spoonfuls of yeast, and a little warm milk; make into a light dough, let it stand by the fire all night. Bake the rolls in a quick oven.

RUSK.—Melt four ounces of butter in half a pint of new milk; then add to this seven eggs, well beaten, a quarter of a pint of yeast, and three ounces of sugar; put this mixture, by degrees, into as much flour as will make an extremely light paste, more like batter, and set it to rise before the fire for half an hour; then add more flour to make it rather stiffer, but not stiff. Work it well, and divide it into small loaves or cakes, about five or six inches wide, and flatten them. When baked and cold, slice them the thickness of rusks, and brown them a little in the oven.

HOE CAKES.—Scald a quart of Indian meal with just water enough to make a thick batter. Stir in a couple of teaspoonfuls of salt and two tablespoonfuls of butter. Turn it into a buttered bake pan, and bake it half an hour.

MUFFINS.—Mix a quart of wheat flour smoothly with a pint and a half of lukewarm milk, half a teacup of yeast, a couple of beaten eggs, a heaping teaspoonful of salt, and a couple of tablespoonfuls of lukewarm melted butter. Set the batter in a warm place to rise. When light, butter your muffin cups, turn in the mixture, and bake the muffins till a light brown.

RAISED FLOUR WAFFLES.—Stir into a quart of flour sufficient lukewarm milk to make a thick batter. The milk should be stirred in gradually, so as to have it free from lumps. Put in a tablespoonful of melted butter, a couple of beaten eggs, a

teaspoonful of salt, and half a teacup of yeast. When risen, fill your waffle irons with the batter, bake them on a bed of coals. When they have been on the fire between two and three minutes, turn the waffle-irons over—when brown on both sides, they are sufficiently baked. The waffle-irons should be well greased with lard, and very hot, before each one is put in. The waffles should be buttered as soon as cooked. Serve them up with powdered white sugar and cinnamon.

QUICK WAFFLES.—Mix flour and cold milk together, to make a thick batter. To a quart of flour put six beaten eggs, a table-spoonful of melted butter, and a teaspoonful of salt. Some cooks add a quarter of a pound sugar, and half a nutmeg. Bake them immediately.

RICE WAFFLES.—Take a teacup and a half of boiled rice—warm it with a pint of milk, mix it smooth, then take it from the fire, stir in a pint of cold milk, and a teaspoonful of salt. Beat four eggs, and stir them in, together with sufficient flour to make a thick batter.

SHORT CAKES.—Dissolve half a pound of fresh butter in as much milk as will make a pound and a half of flour into a paste, roll it out about a quarter of an inch thick, and cut it into large round cakes. Do them in a frying-pan, and serve them hot. They are eaten with butter.

CRUMPETS.—Take three teacups of raised dough, and work into it, with the hand, half a teacup of melted butter, three eggs, and milk to render it a thick batter. Turn it into a buttered bake pan—let it remain fifteen minutes, then put on a bake-pan heated so as to scorch flour. It will bake in half an hour.

WAFFER CAKES.—Wafer cakes are an excellent tea cake, and they do not take long to make, although a little practice is necessary before they can be successfully made.

Beat three eggs quite light. Wash a little less than a quarter of a pound of butter, to extract the salt from it, and mix it with a quarter of a pound of sifted sugar—add the beaten eggs, a teaspoon of rose-water, and as much flour (that has been carefully passed through a sieve) as will make a stiff batter. Stir the batter with a wooden spoon until it is perfectly smooth and so tight as to break when it falls against the sides of the vessel. Your wafer iron should be heated, but not too hot, or the butter will burn. Grease the iron with butter tied up in a linen rag, twice doubled. Fill the iron with the batter and close it. Place it in the fire in such a manner that both sides

will heat at once; if this cannot be done, turn the iron frequently. The batter will be cooked in about two minutes if properly managed.

Take out the wafer, split it open with a knife, and butter it, or you may sprinkle it with pounded sugar and roll it over a smooth stick made for the purpose.

The iron should be greased every time you put in the batter.

MILK TOAST.—Boil a pint of rich milk, and then take it off and stir into it a quarter of a pound of fresh butter, mixed with a small table-spoonful of flour. Then let it again come to a boil. Have ready two deep plates with half a dozen slices of toast in each. Pour the milk over them hot, and keep them covered till they go to table. Milk toast is generally eaten at breakfast.

COFFEE, TEA, AND OTHER BEVERAGES.

COFFEE.—There are several ways of making coffee; and every housewife generally has her favorite mode. The French have decidedly the best fashion, by which they make excellent coffee without the aid of eggs, isinglass, or any foreign article to settle it. It consists of a sort of tin coffee-pot with two strainers. You remove the first strainer, and pour some boiling water into the coffee-pot through the second strainer. Empty out the water, and put in a sufficient quantity of coffee for the family over the under strainer, and press it flat with a little tin machine (which comes with the apparatus). Put in the other strainer, and pour in the hot water. The coffee will drain through in a few moments, and be perfectly clear, without any farther trouble. It is singular that this mode of making coffee is not more prevalent in this country.

ANOTHER MODE OF MAKING COFFEE.—Take fresh roasted coffee, (a quarter of a pound for three persons is the rule, but less will do;) allow two table-spoonfuls for each persons, grind it just before making, put it in a basin and break into it an egg, yolk, white, shell, and all. Mix it up with the spoon to the consistence of mortar, put warm, not boiling, water in the coffee-pot; let it boil up and break three times; then stand a few minutes, and it will be as clear as amber, and the egg will give it a rich taste.

STILL ANOTHER.—Pour hot water into your coffee-pot, and then stir in your coffee, a spoonful at a time, allowing three to every pint of water; this makes strong coffee. Stir it to pre-

vent the mixture from boiling over as the coffee swells, and to force it to combine with the water. This will be done after it has boiled gently a few minutes. Then let it stand and boil slowly for half an hour; remove it from the fire, and pour in a tea-cup of cold water, and set it in the corner to settle. As soon as it becomes clear, it is to be poured gently into a clean coffee-pot for the table.

Made in this manner, it may be kept two or three days in summer, and a week in winter; you need only heat it over when wanted.

The grounds and sediment may be boiled over and used once for coffee.

Fish skin is often used to settle coffee, and will answer tolerably well, if rightly prepared. Pull off the skin from a salted cod—scrape, wash, and dry it in the oven, after removing the bread; then divide it in pieces about an inch square, and put it in a bag for use. It will require one bit for every pint of water; put in when you make the coffee. Several substitutes for coffee are used by those who cannot afford the real berry—rye, peas, &c. None of these are very healthy, and certainly are not good. The best substitute is toasted crust of bread, but it is cheaper to drink water, and, if taken for a little time will be as palatable; or else use

COCOA SHELLS.—These should be soaked over night, then boil them in the same water in the morning. They are considerably nutritious, and allowed to be healthy, and are cheap.

CHOCOLATE.—To each square of chocolate, scraped off fine, and put in the pot, allow a pint (less if you like it strong) of water. Stir it while boiling, and let it be uncovered. Let it boil about fifteen minutes, or half an hour, then pour in your cream or rich milk, and let it boil up. Nutmeg grated over a cup of chocolate improves the flavor.

TEA.—Scald the tea-pot with boiling water; then put in the tea, allowing three tea-spoonfuls to a pint of water—or for every two persons. Pour on the water. It must be boiling hot, and let the tea steep about ten minutes.

Black tea is healthier than green. Hyson and Souchong mixed together, half and half, is a pleasanter beverage than either alone, and safer for those who drink strong tea, than to trust themselves wholly with green.

COMMON BEER.—Two gallons of water to a large handful of hops is the rule. A little fresh-gathered spruce or sweet fern makes the beer more agreeable, and you may allow a quart of wheat bran to the mixture; then boil it two or three hours.

Strain it through a sieve, and stir in, while the liquor is hot, a tea-cup of molasses to every gallon. Let it stand till lukewarm, pour it into a clean barrel, and add good yeast, a pint, if the barrel is nearly full; shake it well together; it will be fit for use the next day.

SPRUCE BEER.—Allow an ounce of hops and a spoonful of ginger to a gallon of water. When well boiled, strain it, and put in a pint of molasses, and half an ounce or less of the essence of spruce; when cool, add a tea-cup of yeast, and put into a clean tight cask and let it ferment for a day or two, then bottle it for use. You can boil the sprigs of spruce fir in room of the essence.

GINGER BEER QUICKLY MADE.—A gallon of boiling water is poured over three-quarters of a pound of loaf sugar, one ounce of ginger, and the peel of one lemon; when milk-warm, the juice of the lemon and a spoonful of yeast are added. It should be made in the evening, and bottled next morning, in stone bottles, and the cork tied down with twine.

Good brown sugar will answer, and the lemon may be omitted, if cheapness is required.

LEMONADE.—Three lemons to a pint of water, makes strong lemonade; sweeten to your taste.

This is the best beverage for parties: cool, refreshing, pleasant and salubrious.

ORANGEADE.—Roll and press the juice from the oranges in the same way as from lemons. It requires less sugar than lemonade. The water must be pure and cold, and then there can be nothing more delicious than these two kinds of drink.

CURRENT WINE.—Break and squeeze the currants, put three pounds and a half of sugar to two quarts of juice and two quarts of water. Put it in a keg or barrel. Do not close the bung tight for three or four days, that the air may escape while it is fermenting. After it is done fermenting, close it up tight. Where raspberries are plenty, it is a great improvement to use half raspberry juice and half currant juice. Brandy is unnecessary when the above-mentioned proportions are observed. It should not be used under a year or two. Age improves it.

RASPBERRY SHRUB.—Raspberry shrub mixed with water is a pure, delicious drink for summer; and in a country where raspberries are abundant, it is good economy to make it answer instead of Port and Catalonia Wine. Put raspberries in a pan, and scarcely cover them with strong vinegar. Add a pint of

sugar to a pint of juice; (of this you can judge by first trying your pan to see how much it holds;) scald it, skim it, and bottle it when cold.

CHEAP SUBSTITUTE FOR A WATER FILTER.—Lay a thick bed of pounded charcoal at the bottom of a large common earthen flower-pot; over this lay a bed of fine sand, about four inches thick.

A bit of quick lime thrown into a water cask, is useful in purifying the water. Agitating the water and exposing it to the air will both soften and help to keep it fresh. Strain muddy water through a fine sieve in which a cloth and sponge, or layer of fine sand or charcoal is placed.

TO MAKE BUTTER.

The milk pans should be scalded every day. After the milk has stood twenty-four hours, skim off the cream and deposite it in a large earthen jar kept closely covered. Stir up the cream with a stick every day to prevent the skin from gathering. Butter of only two or three days is best. Strain the cream from the jar into the churn and put on the lid. In warm weather move the handle slowly, or the butter will be too soft. When the handle moves with great difficulty the butter has come. Take it out with a wooden ladle and squeeze out the remains of milk. Add a little salt and work it well. Set it in a cool place for three hours, then work it again. Wash it in cold water and put it away for use.

TO CURE BUTTER IN THE BEST MANNER.—The following receipt is from "The Housewife's Manual," a work said to have been prepared by *Sir Walter Scott*.

Having washed and beaten the butter free from buttermilk, work it quickly up, allowing a scanty half ounce of fine salt to the pound. Let the butter lie for twenty-four hours, or more, then for every pound allow a half ounce of the following mixture:—Take four ounces of salt, two of loaf sugar, and a quarter of an ounce of saltpetre. Beat them all well together, and work the mixture thoroughly into the butter; then pack it down in jars or tubs. Instead of strewing a layer of salt on the top of the butter, which makes the first slice unfit for use, place a layer of the above mixture in folds of thin muslin, stitch it

loosely and lay this neatly over the top, which will effectually preserve it.

TO MAKE CHEESE.

Skim milk does not make good cheese. Take fresh milk and heat it 90 degrees before you put in the rennet. Three quarts of milk yields about a pound of cheese. Allow a quart of lukewarm water and a tablespoonful of salt to a piece of rennet about the size of your hand. The rennet must soak all night.

Put the milk into a large tub, warming a part until it is of a degree of heat quite equal to new: if too hot the cheese will be tough. Put in as much rennet as will turn it, and cover it over. Let it stand until completely turned; then strike the curd down several times with the skimming dish, and let it separate, still keeping it covered. There are two modes of breaking the curd, and there will be a difference in the taste of the cheese, according as either is observed; one is to gather it with the hands very gently toward the side of the tub, letting the whey pass through the fingers till it is cleared, and lading it off as it collects. The other is, to get the whey from it by breaking the curd. The last method deprives it of many of its oily particles, and is therefore less proper.

Put the vat on a ladder over the tub, and fill it with curd by the skimmer; press the curd close with your hand, and add more as it sinks; and it must be finally left two inches above the edge. Before the vat is filled, the cheese-cloth must be laid at the bottom; and, when full, drawn smooth over all round.

There are two modes of salting cheese: one by mixing it in the curd while in the tub, after the whey is out; and the other by putting it in the vat, and crumbling the curd all to pieces with it, after the first squeezing with the hands has dried it. Put a board under and over the vat, and place it in the press; in two hours turn it out, and put a fresh cheese cloth; press it again for eight or nine hours; then salt it all over, and turn it again in the vat, and let it stand in the press fourteen or sixteen hours, observing to put the cheese last made undermost. Before putting them for the last time into the vat, pare the edges if they do not look smooth.

BREAD AND YEAST.

In summer, bread should be mixed with cold water. In damp weather the water should be tepid, and in cold weather quite warm. If the yeast is new, a small quantity will make

the bread rise. In the country yeast cakes are found very convenient, but they seldom make the bread as good as fresh lively yeast.

BREAD.—Mix into six pounds of sifted flour one ounce of salt nearly half a pint of fresh sweet yeast as it comes from the brewery, and a sufficient quantity of warmed milk to make the whole into a stiff dough; work and knead it well upon a paste-board, on which a little flour has been strewed, for fifteen or twenty minutes, then put it into a deep pan, cover it with a warmed towel, set it before the fire, and let it rise for an hour and a half, or perhaps two hours; cut off a piece of this sponge or dough; knead it well for eight or ten minutes, together with flour merely sufficient to keep it from adhering to the board; put it into small tins, filling them three-quarters full; dent the rolls all round with a knife, and let them stand a few minutes before putting them into the oven. The remainder of the dough must then be worked up for loaves, and baked either in or out of a shape.

BREAD, FRENCH.—Take half a bushel (or six pounds) of flour, put it on the slab, make a hole in the centre, in which put two ounces of yeast; make your dough with warm water, to about a consistency; work it up well, adding two ounces of salt, dissolved in a little warm water; cover, and set it in a warm place to rise; on this part of the operation depends the quality of the bread. Having left the dough one or two hours, according to the season, knead it again, and leave it as before, for two hours. In the meanwhile, heat the oven, divide the dough into eight equal parts, of which form as many loaves, into any shape you please; put them into the oven as quickly as possible. As soon as they are done, rub the crusts with a little butter, which will give it a fine yellow color.

BROWN, OR DYSPEPSIA BREAD.—Take six quarts of wheat meal, rather coarsely ground, one teacup of good yeast, and half a teacup of molasses, mix these with a pint of milk-warm water and a teaspoonful of saleratus. Make a hole in the flour and stir this mixture in the middle of the meal till it is like batter. Then proceed as with fine flour bread. Make the dough when sufficiently light into four loaves, which will weigh two pounds per loaf when baked. It requires a hotter oven than fine flour bread, and must bake about an hour and a half.

RYE AND INDIAN BREAD.—There are many different proportions in the mixing of this bread. Some put one-third Indian

with two of rye; others like one-third rye and two of Indian; others prefer it half and half.

If you use the largest proportion of rye meal, make your dough stiff, so that it will mould into loaves; when it is two-thirds Indian, it should be softer and baked in deep earthen or tin pans after the following rules.

Take *four quarts* of sifted Indian meal; put it into a glazed earthen pan, sprinkle over it a table-spoonful of fine salt; pour over it about two quarts of boiling water, stir and work it till every part of the meal is thoroughly wet; Indian meal absorbs a greater quantity of water. When it is about milk-warm, work in *two quarts of rye meal, half a pint* of lively yeast, mixed with a pint of warm water; add more warm water if needed. Work the mixture well with your hands; it should be stiff, but not firm as flour dough. Have ready a large, deep, well buttered pan; put in the dough, and smooth the top by putting your hand in warm water, and then patting down the loaf. Set this to rise in a warm place in the winter; in the summer it should not be put by the fire. When it begins to crack on the top, which will usually be in about an hour or an hour and a half, put it into a well heated oven, and bake it three or four hours. It is better to let it stand in the oven all night, unless the weather is warm. Indian meal requires to be well cooked. The loaf will weigh between seven and eight pounds.

There is another mode which many persons think preferable. Scald a quart of rye and another of Indian meal with a small quantity of boiling water. Boil a tea-spoonful of salt in a pint and a half of milk, mix the rye and Indian together, and pour the milk over them—add half a pint of fresh yeast; but not before the meal is cooling. The mixture must be well kneaded and placed in a deep pan by the fire to rise. When it has risen sufficiently, take it out of the pan, make it into any shape you like, and put it into an oven well heated. If the fire is too brisk the crust will brown and the inside remain heavy.

I should bake from two to three hours.

TO MAKE EXCELLENT BREAD WITHOUT YEAST.—Scald about two handfuls of Indian meal, into which put a little salt, and as much cold water as will make it rather warmer than new milk; then stir in wheat flour till it is as thick as a family pudding, and set it down by the fire to rise. In about half an hour it generally grows thin; you may sprinkle a little fresh flour on the top, and mind to turn the pot round, that it may not bake to the side of it. In three or four hours, if you mind the above directions, it will rise and ferment as if you had set it with hop

yeast; when it does, make it up in soft dough, flour a pan, put in your bread, set it before the fire, covered up, turn it round to make it equally warm, and in about half an hour it will be light enough to bake. It suits best to bake it in a Dutch oven, as it should be put into the oven as soon as it is light.

COMMON YEAST.—Thicken two quarts of water with fine flour, about three spoonfuls; boil it half an hour, sweeten it with half a spoonful of brown sugar; when nearly cold, put into it four spoonfuls of fresh yeast and pour it into a jug, shake it well together, and let it stand one day to ferment near the fire without being covered. There will be a thin liquor on the top, which must be poured off; shake the remainder and cork it up for use. Take always four spoonfuls of the old mixture to ferment the next quantity, keeping it always in succession. A half-peck loaf will require about a gill.

The bottles should be closely corked until the fermentation is over. After twenty-four hours the bottles may be well corked. They should be kept in a cold place. Yeast will not keep good over ten days unless it is made into little biscuits. For that purpose the process is the same as above, except that the yeast is taken from the bottles after it ferments, flour enough added to make it a thick dough—it is then cut into biscuits and dried in the sun. Before the biscuits are used, they should be soaked all night—the water from them is mixed with the bread. One biscuit to a large loaf or two small ones.

PREPARATIONS FOR THE SICK.

CHICKEN JELLY.—Break the bones of a full grown chicken, and cut the fowl into pieces. Put it into a clean pan and fill the pan with soft water. After boiling the chicken gently for four hours or more, strain it through a jelly bag. Add a little salt, but no other seasoning. When the liquid is cold it should be a clear jelly. The chicken may be boiled again and yield more jelly.

A very young chicken will not yield any quantity of jelly—a full grown one is best, but even an old fowl may be used when none other can be procured.

BREAD JELLY.—Toast four thick slices of bread until they are

of a light brown—remove the crusts, lay the bread in two quarts of boiling water—add one or two tea-spoonfuls of lemon juice, and let the bread boil to a jelly. Strain and sweeten it. It is excellent for very sick persons or young children.

The bread should be quite stale—if possible several days old.

ARROW ROOT JELLY.—Boil the peel of a lemon and a small quantity of the juice in a quart of water. When it has boiled half an hour, add to it a cupful of powdered arrow root, and let it boil another half hour—take out the lemon peel and sweeten the arrow root to your taste. Strain it through a jelly bag. It is good cold, but most persons prefer to eat it warm. If made too thick it is unpalatable, and less wholesome than when thin.

PANADA.—Boil some pieces of stale bread in a sufficient quantity of cold water to cover them, with a little cinnamon, lemon peel, and caraways; when the bread is quite soft, press out all the water, and beat up the bread with a small piece of butter, a little milk, and sugar to the taste; a little spice may be added.

SAGO.—Let it soak for an hour in cold water, to take off the earthy taste; pour that off, and wash it well; then add more water, and simmer gently until the berries are clear, with lemon peel and spice. Add wine and sugar according to taste, and boil all up together.

TAPIOCA JELLY.—Take four table-spoonfuls of tapioca—rinse it thoroughly, then soak it five hours, in cold water enough to cover it. Set a pint of cold water on the fire—when it boils, mash and stir up the tapioca that is in water, and mix it with the boiling water. Let the whole simmer gently, with a stick of cinnamon or mace. When thick and clear, mix a couple of table-spoonfuls of white sugar, with half a table-spoonful of lemon juice, and half a glass of white wine—stir it into the jelly—if not sweet enough, add more sugar, and turn the jelly into cups.

CALVES' FEET BROTH.—Boil three feet in four quarts of water with a little salt; it should boil up first, and then simmer, till the liquor is wasted one-half: strain and put it by. This may be warmed, (the fat having been taken off,) a tea-cupful at a time, with either white or port wine, and is very nourishing for an invalid.

Or, The feet may be boiled with two ounces of lean ~~veal~~ ^{beef} same of beef, a slice or two of bread, a blade or two of ~~ma~~ ^{ma} ~~se~~ ^{se}, a little salt and nutmeg, in about four quarts of water.

FLAX-SEED LEMONADE.—Boil some flax-seed in water until it becomes a thick syrup. To a table-spoonful of flax-seed allow about two tumblers full of water. Strain it through a cloth and mix with it a quarter of a pound of white sugar. Then stir in a little lemon juice. This mixture has frequently been very serviceable in relieving a cold. A little more of it may be taken whenever the cough is troublesome. A little gum arabic added to the syrup will be an improvement.

COCOA.—To two ounces of cocoa allow a quart of water. Put it in a saucepan and let it boil slowly for about an hour. The cocoa shells boiled in this manner will make a very pleasant beverage, and will not be so rich as the ground cocoa.

BARLEY WATER.—Wash carefully two ounces of barley and put it into a sauce-pan with a quart of water and a few raisins. Let it boil until the liquid is about half diminished. Sweeten it and drink it hot. A little lemon peel or some liquorice root put in with the barley instead of the raisins, may please some tastes. When only a drink is required, it is better to strain the liquid; but the boiled barley with a little sugar will make a very pleasing variety for an invalid to eat instead of rice.

GROUND RICE MILK.—Boil together two table-spoonfuls of ground rice with a pint of milk. Sweeten it according to your taste, adding the juice of half a lemon. Let the whole boil half an hour over a moderate fire. Eat it warm.

BEEF TEA.—Beat a pound of fresh beef, and after putting it into a pot cover it with water. Let it boil for an hour, skimming it well. The fat should be cut off of the beef. Bones improve the quality of the soup. Chicken tea may be made in the same manner. Boil the chicken almost to a jelly and then strain through a fine sieve. Add a little toast cut in slips.

MUTTON BROTH.—To a pound of mutton allow a quart of water. Cut off all the fat. Chop up some parsley and the tops and stalks of celery, and after seasoning the broth with salt, boil them well. It should be boiled three hours over a slow fire and skimmed carefully. Add a couple of handfuls of rice or barley. Toast some bread until it is quite brown, and cut it in small slices. After the broth is taken off the fire, add the toast to it. Carrots, turnips and potatoes chopped fine and boiled in this broth, improve it very much. For a person, however, who is very ill, they would not be advisable. Beef, veal, or chicken broth may be made in the same manner.

VEGETABLE SOUP.—Take a white onion, a turnip, a pared potatoe, and a head of celery, or a large teaspoonful of celery seed. Put the vegetables whole into a quart of water, adding a little salt, and boil it slowly till reduced to a pint. Make a slice of nice toast; lay it in the bottom of a bowl, and strain the soup over it.

WINE WHEY.—Stir into a pint of boiling milk a couple of glasses of wine. Let it boil a minute, then take it from the fire, and let it remain till the curd has settled; then turn off the whey, and sweeten it with white sugar.

TOAST WATER.—Pare the crust off a thin slice of stale bread, toast it brown upon both sides, doing it equally and slowly, that it may harden without being burnt; put it into a jug, and pour upon it boiling water; cover the jug with a saucer, and set it in a cool place.

RICE GRUEL.—Put a large spoonful of unground rice into six gills of boiling water, with a stick of cinnamon or mace. Strain it when boiled soft, and add half a pint of new milk; put in a teaspoonful of salt, and boil it a few minutes longer. If you wish to make the gruel of rice flour, mix a tablespoonful of it, smoothly, with three of cold water, and stir it into a quart of boiling water. Let it boil five or six minutes, stirring it constantly. Season it with salt, a little butter, and add, if you like, nutmeg and white sugar.

WATER GRUEL.—Mix a couple of tablespoonfuls of Indian meal with one of wheat flour, and sufficient cold water to make a thick batter. If the gruel is liked thick, stir it into a pint of boiling water—if liked thin, more water will be necessary. Season the gruel with salt, and let it boil six or eight minutes, stirring it frequently—then take it from the fire, put in a piece of butter, of the size of a walnut, and pepper to the taste. Turn it on toasted bread, cut in small pieces.

CAUDLE.—Make rice or water gruel, as above—then strain it, and add half a wineglass of ale, wine, or brandy. Sweeten it with loaf sugar, and grate in a little nutmeg.

MOLASSES POSSET.—Put into a saucepan a pint of the best West India Molasses, a teaspoonful of powdered white ginger, and a quarter of a pound of fresh butter. Set it on hot coals, and simmer it slowly for half an hour, stirring it frequently. Do not let it come to a boil. Then stir in the juice of two lemons, or two tablespoonfuls of vinegar; cover the pan, and let it stand by the

fire five minutes longer. This is good for a cold. Some of it may be taken warm at once, and the remainder kept at hand for occasional use.

WINE POSSET.—Boil some slices of white bread in a pint of milk; when soft take it off the fire, and grate in some nutmeg and a little sugar; pour it out, put half a pint of sweet wine into it by degrees, and serve it with toasted bread.

BALM, MINT, AND OTHER TEAS.—These are simple infusions, the strength of which can only be regulated by the taste. They are made by putting either the fresh or the dried plants into boiling water in a covered vessel, which should be placed near the fire for an hour. The young shoots both of balm and of mint are to be preferred, on account of their strong aromatic qualities. These infusions may be drank freely in feverish and in various other complaints, in which diluents are recommended. Mint-tea, made with the fresh leaves, is useful in allaying nausea and vomiting.

EEL BROTH.—Set a pound of small eels over the fire with six pints of water, some parsley, onion, and a few peppercorns; simmer till the broth is good, then strain it off, and add salt. The above quantity should be reduced by simmering to three pints.

BREAD SOUP.—Boil some pieces of bread crust in a quart of water with a small piece of butter, beat it up with a spoon, and keep it boiling till the bread and water be well mixed; then add a little salt.

SIPPETS.—On a very hot plate lay some sippets of bread, and pour some beef, mutton, or veal-gravy on them; then sprinkle a little salt over them.

MULLED WINE.—Boil a pint of wine with nutmeg, cloves, and sugar, serve it with slices of toasted bread, or, beat up the yolks of four eggs with a little cold wine, and mix them carefully with the hot wine, pour it backward and forward till it looks fine, heat it again over the fire till it is tolerably thick, pour it backward and forward, and serve with toasted bread as above.

Or,—Boil some spice in a little water till the flavor is extracted, then add a pint of port wine, with some sugar and nutmeg.

HOUSEHOLD HINTS;

OR

USEFUL MISCELLANEOUS ITEMS.

HOW AND WHERE TO KEEP THINGS.—Crusts and bits of bread should be kept in an iron pot, closely covered in a dry cool place. Keep fresh lard and suet in tin vessels. Keep salt pork fat in glazed earthen ware. Keep yeast in wood or earthen ware. Keep preserves and jellies in glass, or china, or stone ware. Keep salt in a dry place. Keep meat in a cool dry place. Keep ice in the cellar, and wrapped in flannel. Keep vinegar in wood or glass.

Soft water is indispensable to the washerwoman; rain or river water is the best. If you have good water, do not use soda—it gives a yellowish tinge to the clothes. If you buy your soap, it is most economical to use hard soap for washing clothes, and soft soap for floors, &c.

To wash colored dresses, turn the inner side out, and wash them in cold water, in which a little boiled soap is well mixed; rinse them well in clean cold water, and the last time with a little salt in the water, and dry them in the shade. They should be washed and dried with as much expedition as possible.

Isinglass is a most delicate starch for muslins. When boiling common starch, sprinkle in a little fine salt: it will prevent its sticking.

Mildew Stains are very difficult to remove from linen. The most effectual way is to rub soap on the spots, then chalk, and bleach the garment in the hot sun.

Ink and Iron Mould may be taken out by wetting the spots in milk, then covering them with common salt. It should be done before the garments have been washed. Another way to take out ink is to dip it in melted tallow. For fine, delicate articles, this is the best way.

For fruit and wine stains, mix two tea-spoonfuls of water and one of spirit of salt, and let the stained part lie in this for two minutes; then rinse in cold water. Or, wet the stain with hartshorn.

To clean a carpet, shake and beat it well; lay it upon the floor, and tack it firmly; then with a clean flannel wash it over with one quart of bullock's gall, mixed with three quarts of soft cold water, and rub it off with a clean flannel or house-cloth. Any particular dirty spot should be rubbed with pure gall.

DIRECTIONS FOR WASHING CALICOES.—Calico clothes, before they are put in water, should have the grease spots rubbed out,

as they cannot be seen when the whole of the garment is wet. They should never be washed in very hot soap suds; that which is mildly warm will cleanse them quite as well, and will not extract the colors so much. Soft soap should never be used for calicoes, excepting for the various shades of yellow, which look the best washed with soft soap, and not rinsed in fair water. Other colors should be rinsed in fair water, and dried in the shade. When calicoes incline to fade, the colors can be set by washing them in lukewarm water, with beef's gall, in the proportion of a tea-cupfull to four or five gallons of water. Rinse them in fair water—no soap is necessary, without the clothes are very dirty. If so, wash them in lukewarm suds, after they have been first rubbed out in beef's gall water. The beef's gall can be kept several months, by squeezing it out of the skin in which it is enclosed, adding salt to it, and bottled and corked tight. The water that potatoes have been boiled in is an excellent thing to wash black calicoes in. When there are many black garments to wash in a family, it is a good plan to save, during the week, all the water in which potatoes are boiled. The following method is said to set the colors of calicoes so that they will not fade by subsequent washing: Infuse three gills of salt in four quarts of boiling water; put in the calicoes, (which should be perfectly clean; if not so the dirt will be set.) Let the calicoes remain in till the water is cold. I have never seen this tried; but I think it not improbable that it may be an excellent way to set the colors, as rinsing calicoes in cold salt and water serves to set the colors, particularly of black, blue, and green colors. A little vinegar in the rinsing water of pink, red and green calicoes, is good to brighten the colors and keep them from mixing. All kinds of calicoes but black look better for starching, but black calicoes will not look clear if starched. On this account potato-water is an excellent thing to wash them in, if boiled down to a thick consistence, as it stiffens them without showing.

DIRECTIONS FOR WASHING WHITE COTTON CLOTHES.—Tablecloths, or any white clothes that have coffee or fruit stains on them, before being put into soap-suds, should have boiling water turned on them, and remain in it till the water is cold—the spots should then be rubbed out in it. If they are put into soap-suds with the stains in, they will set by it, so that no subsequent washing will remove them. Table cloths will be less likely to get stained up, if they are always rinsed in thin starch water, as it tends to keep coffee and fruit from sinking into the texture of the cloth. White clothes that are very dirty, will come clean easily if put into strong, cool suds, and hung on the fire the night previous to the day in which they are to be washed. If they get to boiling, it will not do them any harm,

provided the suds are cool when they are put in; if it is hot at first, it will set the dirt in. The following method of washing clothes is a saving of a great deal of labor. Soak the clothes in lukewarm soap-suds; if they are quite dirty, soak them over night. To every three pails of water put a pint of soft soap, and a table-spoonful of the salts of soda. Heat it till mildly warm, then put in the clothes without any rubbing, and boil them an hour. Drain the suds out of them as much as possible, as it is bad for the hands; then add water till cool enough for the hands. The dirt will be loose, so that they will require but a little rubbing. Rinse them thoroughly in clear water, then in indigo water. The soda can be procured cheap, by purchasing it in large quantities—soda is an excellent thing to soften hard water. The soda suds will not do to wash calicoes in. It is a good plan to save your suds, after washing, to water your garden, if you have one, or to harden cellars and yards, when sandy.

DIRECTIONS FOR WASHING WOOLENS.—If you do not wish to have white flannels shrink when washed, make a good suds of hard soap, and wash the flannels in it, without rubbing any soap on them; rub them out in another suds, then wring them out of it, and put them in a clean tub, and turn on sufficient boiling water to cover them, and let them remain till the water is cold. A little indigo in the boiling water makes the flannels look nicer. If you wish to have your white flannels shrink, so as to have them thick, wash them in soft soap-suds, and rinse them in cold water. Colored woollens that incline to fade, should be washed with beef's gall and warm water before they are put into soap-suds. Colored pantaloons look very well washed with beef's gall and fair warm water, and pressed on the wrong side while damp.

STARCH.—To make good flour starch, mix flour gradually with cold water, so that it may be free from lumps. Stir in cold water till it will pour easily; then stir it into a pot of boiling water, and let it boil five or six minutes, stirring it frequently. A tallow or spermaceti candle, stirred round in the starch several times, will make it smoother—strain it through a thick cloth. Starch made in this manner will answer for cotton and linen very well. Some people do not boil their starch, but merely turn boiling water on the mixed flour and water, but it does not make the clothes look nice. Poland starch is made in the same manner as wheat starch. When rice is boiled in a pot without being tied up in a bag, the water in which it is boiled is as good as Poland starch for clear-starching muslins, if boiled to a thick consistency after it is turned off from the boiled rice, and then strained. Muslins, to look clear, should be

starched, and clapped dry, while the starch is hot, then folded in a very damp cloth, and suffered to remain in it till they become quite damp, before ironing them. If muslins are sprinkled, they are apt to look spotted. Garments that are not worn, when laid by, should not be starched, as it rots them when not exposed to the air.

DIRECTIONS FOR CLEANING SILK GOODS.—When silk cushions, or silk coverings to furniture, become dingy, rub dry bran on them gently, with a woolen cloth, till clean. Remove grease spots and stains as in direction. Silk garments should have the spots extracted before being washed—use hard soap for all colors but yellow, for which soft soap is the best. Put the soap into hot water, beat it till it is perfectly dissolved, then add sufficient cold water to make it just lukewarm. Put in the silks, and rub them in it till clean; take them out without wringing, and rinse them in fair lukewarm water. Rinse it in another water, and for bright yellows, crimsons, and maroons, add sulphuric acid enough to the water to give it an acid taste, before rinsing the garment in it. To restore the colors of the different shades of pink, put in the second rinsing water a little vinegar or lemon-juice. For scarlet, use a solution of tin; for blues purples, and their shades, use pearl-ash; and for olive-greens, dissolve verdigris in the rinsing water—fawn and browns should be rinsed in pure water. Dip the silks up and down in the rinsing water; take them out of it without wringing, and dry them in the shade. Fold them up while damp; let them remain to have the dampness strike through all parts of them alike, then put them in a mangle—if you have not one, iron them on the wrong side, with an iron just hot enough to smooth them. A little isinglass or gum arabic, dissolved in the rinsing water of gauze shawls and ribbons, is good to stiffen them. The water in which pared potatoes have been boiled, is an excellent thing to wash black silks in—it stiffens, and makes them glossy and black. Beef's gall and lukewarm water is also a nice thing to restore rusty silk, and soap-suds answer very well. They look better not to be rinsed in clear water, but they should be washed in two different waters.

TO EXTRACT STAINS FROM WHITE COTTON GOODS AND COLORED SILKS.—Salts of ammonia, mixed with lime, will take out the stains of wine from silk. Spirits of turpentine, alcohol, and clear ammonia are all good to remove stains on colored silks. Spots of common or durable ink can be removed by saturating them with lemon-juice, and rubbing on salt, then putting them where the sun will shine on them hot, for several hours. As fast as it dries, put on more lemon-juice and salt. When lemon-juice cannot be obtained, nitric acid is a good substitute.

Iron mould may be removed in the same way. Mildew and most other stains can be removed by rubbing on soft soap and salt, and placing it where the sun will shine on it hot. Where soap and salt will not remove stains, lemon-juice and salt will generally answer. The above things will only remove stains in warm, clear weather, when the sun is hot. Sulphuric acid, diluted with water, is very effectual in removing fruit stains. Care should be taken not to have it so strong as to eat a hole in the garment, and as soon as the stain is out, it should be rinsed in pearl-ash water, and then in fair water. Colored cotton goods, that have common ink spilt on them, should be soaked in lukewarm sour milk.

TO CLEANSE FEATHER BEDS AND MATTRESSES.—When feather beds become solid or heavy, they may be made clean and light by being treated in the following manner: Rub them over with a stiff brush, dipped in hot soap-suds. When clean, lay them on a shed, or any other clean place, where the rain will fall on them. When thoroughly soaked, let them dry in a hot sun for six or seven consecutive days, shaking them up well, and turning them over each day. They should be covered over with a thick cloth during the night: if exposed to the night air, they will become damp, and mildew. This way of washing the bed-ticking and feathers, makes them very fresh and light, and is much easier than the old-fashioned way, of emptying the beds, and washing the feathers separately, while it answers quite as well. Care must be taken to dry the bed perfectly, before sleeping on it. Hair mattresses that have become hard and dirty, can be made nearly as good as new by ripping them, washing the ticking, and picking the hair free from the bunches, and keeping it in a dry airy place, several days. Whenever the ticking gets dry, fill it lightly with the hair, and tack it together.

TO CLEANSE VIALS AND PIE PLATES.—Bottles and vials that have had medicine in them, may be cleansed by putting ashes in each one, and immersing them in a pot of cold water, then heating the water gradually until it boils. When they have boiled in it an hour take it from the fire, and let them remain in it till cold; then wash them in soap-suds, and rinse them in fair water till clean. Pie plates that have been used much for baking, are apt to impart an unpleasant taste to the pies, which is owing to the lard and butter of the crust soaking into them, and becoming rancid. It may be removed by putting them in a brass kettle, with ashes and cold water, and boiling them in it an hour.

TO TEMPER EARTHENWARE.—Earthenware that is used to bake in, will be less liable to crack from the heat, if put before

they are used into a vessel with sufficient cold water to cover them, then heated in it gradually, till the water boils. When the vessel is taken from the fire, the ware should remain in until cold.

TO RESTORE RUSTY ITALIAN CRAPE.—Heat skim milk and water; dissolve in half a pint of it a piece of glue an inch square, then take it from the fire. Rinse the crape out in vinegar to clean it; then, to stiffen it, put it in the mixed glue and milk. Wring it out, and clap it till dry, then smooth it out with a hot iron: a paper should be laid over it when ironed. Gin is an excellent thing to restore rusty crape; dip it in, and let it get saturated with it; then clap it till dry, and smooth it out with a moderately hot iron. Italian crape can be dyed to look as well as that which is new.

TO TEMPER NEW OVENS AND IRON WARE.—New ovens, before they are baked in, should have a fire kept up in them half a day. As soon as the wood is removed, put up the lid of the oven. It should not be used for baking until it has been heated the second time. If not treated in this manner it will never retain heat well. New flat-irons should be heated half a day before they are used, in order to retain the heat well. Iron cooking utensils, when new, will be less liable to crack if heated gradually five or six hours, and then cooled slowly before being used to cook in. Cold water should never be turned into hot iron utensils, as it will crack them by cooling the surface too suddenly.

TO REMOVE OR KEEP RUST FROM CUTLERY.—Bristol brick is good to remove rust, and give a high polish to steel utensils. It should be powdered fine, and rubbed on dry, with a woollen cloth. Knives should be rubbed on a board, with a thick leather covered over it, and fastened down tight. The brick should be dry, and powdered fine, and the knives should not be wet after cleaning, but merely wiped with a dry clean cloth. To make the handles smooth, wipe them with a cloth that is a little damp, being careful not to touch the blades, as it will tarnish them. Knives look very nice cleaned in this manner, and the edge will keep sharp. Ivory-handled knives should never have the handles put into hot water, as it will turn them yellow. If, through misnse, they turn yellow, rub them with sand paper. When Bristol brick will not remove rust from steel, rub the spots with sand paper or emery, or else rub on sweet oil, and let it remain a day; then rub it off with powdered quicklime. To keep steel utensils (that are not in constant use) from contracting rust, clean them thoroughly with Bristol brick, wipe them on a perfectly dry cloth,

and rub them over with sweet oil, and cover them with brown paper, so as to exclude the air. Knives and forks should be wrapped up in brown paper, each one by itself.

TO DESTROY COCKROACHES, ANTS, AND OTHER HOUSEHOLD VERMIN.—Hellebore, rubbed over with molasses and put round the places that cockroaches frequent, is a very effectual poison for them. Arsenic, spread on bread and butter and placed round rat or mouse holes, will soon put a stop to their ravages. Quicksilver and the white of an egg, beat together and laid with a feather round the crevices of the bedsteads and the sacking, is very effectual in destroying bugs in them. To kill flies, when so numerous as to be troublesome, keep cobalt, wet with spirit, in a large shallow plate. The spirit will attract the flies, and the cobalt will kill them very soon. Black pepper is said to be good to destroy them—it should be mixed, so as to be very strong, with a little cream and sugar. Great care is necessary in using the above poisons, where there are any children, as they are so apt to eat any thing that comes in their way, and these poisons will prove as fatal to them as to vermin, (excepting the pepper). The flour of sulphur is said to be good to drive ants away, if sprinkled around the places that they frequent. Sage is also good. Weak brine will kill worms in gravel walks, if kept moist with it a week in the spring, and three or four days in the fall.

PRESERVATIVES AGAINST THE RAVAGES OF MOTHS. Moths are very apt to eat woolen and fur garments early in the summer. To keep them from the garments, take them late in the spring, when not worn, and put them in a chest, with considerable camphor gum. Cedar chips, or tobacco leaves, are also good for this purpose. When moths get into garments, the best thing to destroy them is to hang the garments in a closet, and make a strong smoke of tobacco leaves under them. In order to do it, have a pan of live coals in the closet, and sprinkle on the tobacco leaves.

COMMON SIMPLE DYES.

TO DYE BLACK.—Allow a pound of logwood to each pound of goods that is to be died. Soak it over night in soft water, then boil it an hour, and strain the water in which it is boiled. For each pound of logwood, dissolve an ounce of blue vitriol in lukewarm water sufficient to wet the goods. Dip the goods

in—when saturated with it, turn the whole into the logwood dye. If the goods are cotton, set the vessel on the fire, and let the goods boil ten or fifteen minutes, stirring them constantly to prevent their spotting. Silk and woollen goods should not be boiled in the dye-stuff, but it should be kept at a scalding heat for twenty minutes. Drain the goods without wringing, and hang them in a dry shady place, where they will have the air. When dry, set the color by, put them into scalding hot water, that has salt in it in the proportion of a tea-cupfull to three gallons of the water. Let the goods remain in it till cold, then hang them where they will dry; they should not be wrung. Boiling hot suds is the best thing to set the color of black silk—let it remain in it till cold. Soaking black-dyed goods in sour milk, is also good to set the color.

GREEN AND BLUE DYE, FOR SILKS AND WOOLENS.—For green dye, take a pound of oil of vitriol, and turn it upon half an ounce of Spanish indigo, that has been reduced to a fine powder. Stir them well together, then add a lump of pearl-ash, of the size of a pea—as soon as the fermentation ceases, bottle it—the dye will be fit for use the next day. Chemical blue is made in the same manner, only using half the quantity of vitriol. For woollen goods, the East indigo will answer as well as the Spanish, and comes much lower. This dye will not answer for cotton goods, as the vitriol rots the threads. Wash the articles that are to be dyed till perfectly clean and free from color. If you cannot extract the color by rubbing it in hot suds, boil it out—rinse it in soft water till entirely free from soap, as the soap will ruin the dye. To dye a pale color, put to each quart of soft warm water that is to be used for the dye, ten drops of the above composition—if you wish a deep color, more will be necessary. Put in the articles without crowding, and let them remain in till of a good color—the dye-stuff should be kept warm—take the articles out without wringing, drain as much of the dye out of them as possible, then hang them to dry in a shady, airy place. They should be died when the weather is dry—if not dried quick, they will not look nice. When perfectly dry, wash them in lukewarm suds, to keep the vitriol from injuring the texture of the cloth. If you wish for a lively bright green, mix a little of the above composition with yellow dye.

YELLOW DYES.—To dye buff color, boil equal parts of annatto and common potash, in soft clear water. When dissolved, take it from the fire; when cool, put in the goods, which should previously be washed free from spots and color; set them on a moderate fire, where they will keep hot, till the goods are of the shade you wish. To dye salmon and orange color, tie annatto in a bag, and soak it in warm soft soap suds, till it becomes

soft, so that you can squeeze enough of it through the bag to make the suds a deep yellow—put in the articles, which should be clean, and free from color; boil them till of the shade you wish. There should be enough of the dye to cover the goods—stir them while boiling, to keep them from spotting. This dye will make a salmon or orange color, according to the strength of it, and the time the goods remain in. Drain them out of the dye, and dry them quick, in the shade—when dry, wash them in soft soap suds. Goods dyed in this manner should never be rinsed in clear water. Peach leaves, fustic, and saffron, all make a good straw or lemon color, according to the strength of the dye. They should be steeped in fair soft water, in an earthen or tin vessel, and then strained, and the dye set with alum, and a little gum arabic dissolved in the dye, if you wish to stiffen the article. When the dye-stuff is strained, steep the articles in it.

RED DYES.—Madder makes a good durable red, but not a brilliant color. To make dye of it, allow for half a pound of it three ounces of alum, and one of cream of tartar, and six gallons of water. This proportion of ingredients will make sufficient dye for six or seven pounds of goods. Heat half of the water scalding hot, in a clean brass kettle, then put in the alum and cream of tartar, and let it dissolve. When the water boils, stir the alum and tartar up in it, put in the goods, and let them boil a couple of hours; then rinse them in fair water—empty the kettle, and put in three gallons of water, and the madder; rub it fine in the water, and then put in the goods, and set them where they will keep scalding hot for an hour, without boiling—stir them constantly. When they have been scalding an hour, increase the fire till they boil. Let them boil five minutes; then drain them out of the dye, and rinse them, without wringing, in fair water, and hang them in the shade, where they will dry. To dye a fine crimson, take for each pound of goods two and a half ounces of alum, an ounce and a half of white tartar—put them in a brass kettle, with sufficient fair water to cover your goods; set it where it will boil briskly for several minutes; then put in the goods, which should be washed clean, and rinsed in fair water. When the goods have boiled half an hour, take them out, without wringing, and hang where they will cool all over alike, without drying; empty out the alum and tartar water, put fresh water in the kettle, and for each pound of goods to be dyed, put in an ounce of cochineal, powdered fine. Set the kettle on the fire, and let the water boil fifteen or twenty minutes; then put in sufficient cold water to make it lukewarm, put in the goods, and boil them an hour and a quarter—take them out without wringing, and dry them in a shady place. The blossoms of the Balm of Gilead, steeped with fair water in a vessel, then strained, will give silk a pretty red color. The silk

should be washed clean and free from color, then rinsed in fair water, and boiled in the strained dye, with a small piece of alum. To dye a fine delicate pink, use a carmine saucer—the directions for dying come with the saucers. It is too expensive a dye for bulky goods, but for faded fancy shawls and ribbons, it is quite worth the while to use it, as it gives a beautiful shade of pink.

SLATE-COLORED DYE.—To make a good dark slate color, boil sugar-loaf paper with vinegar, in an iron utensil—put in alum to set the color. Tea grounds, set with copperas, makes a good slate color. To produce a light slate color, boil white maple bark in clear water, with a little alum—the bark should be boiled in a brass utensil. The dye for slate color should be strained before the goods are put into it. They should be boiled in it, and then hung where they will drain and dry.

TO SET COLORS, &c.—An ox's gall will set any color—silk, cotton, or woollen. I have seen the colors of calico, which faded at one washing, fixed by it. When one lives near a slaughter-house, it is worth while to buy cheap, fading goods, and set them in this way. The gall can be bought for a few cents. Get out all the liquid, and cork it up in a large phial. One large spoonful of this in a gallon of warm water is sufficient. This is likewise excellent for taking out spots from bombazine, bombazet, &c. After being washed in this, they look about as well as when new. It must be thoroughly stirred into the water, and not put upon the cloth. It is used without soap. After being washed in this, cloth which you want to *clean* should be washed in warm suds, without using soap.

SOAP.

TO MAKE SOAP.—If you burn wood, you can use your own lye; but the ashes of coal are not worth much. Bore small holes in the bottom of a barrel, place four bricks around, and fill the barrel with ashes. Wet the ashes well, but not enough to drop; let it soak thus three or four days; then pour a gallon of water in every hour or two, for a day or more, and let it drop into a pail or tub beneath. Keep it dripping till the color of the lye shows the strength is exhausted. If your lye is not strong enough, you must fill your barrel with fresh ashes, and let the lye run through it. Some people take a barrel without any bottom, and lay sticks and straw across to prevent the ashes from falling through. To make a barrel of soap it

will require about five or six bushels of ashes, with at least four quarts of unslacked stone lime; if slacked, double the quantity.

When you have drawn off part of the lye, put the lime (whether slack or not) into two or three pails of boiling water, and add it to the ashes, and let it drain through.

It is the practice of some people, in making soap, to put the lime near the bottom of the ashes when they first set it up; but the lime becomes like mortar, and the lye does not run through, so as to get the strength of it, which is very important in making soap, as it contracts the nitrous salts which collect in ashes, and prevents the soap from *coming*, (as the saying is.) Old ashes are very apt to be impregnated with it.

Three pounds of grease should be put into a pailful of lye. The great difficulty in making soap "*come*," originates in want of judgment about the strength of the lye. One rule may be safely trusted—If your lye will bear up an egg, or a potato, so that you can see a piece of the surface as big as a shilling, it is just strong enough. If it sink below the top of the lye, it is too weak, and will never make soap; if it is buoyed up half way, the lye is too strong; and that is just as bad. A bit of quick-lime, thrown in while the lye and grease are boiling together, is of service. When the soap becomes thick and ropy, carry it down cellar in pails and empty it into a barrel.

Cold soap is less trouble, because it does not need to boil; the sun does the work of fire. The lye must be prepared and tried in the usual way. The grease must be tried out, and strained from the scraps. Two pounds of grease (instead of three) must be used to a pailful; unless the weather is very sultry, the lye should be hot when put to the grease. It should stand in the sun, and be stirred every day. If it does not begin to look like soap in the course of five or six days, add a little hot lye to it; if this does not help it, try whether it be grease that it wants. Perhaps you will think cold soap wasteful, because the grease must be strained; but if the scraps are boiled thoroughly in strong lye, the grease will all float upon the surface, and nothing be lost.

BAYBERRY, OR MYRTLE SOAP.—Dissolve two pounds and a quarter of white potash in five quarts of water, then mix it with ten pounds of myrtle wax, or bayberry tallow. Boil the whole over a slow fire, till it turns to soap, then add a tea-cup of cold water—let it boil ten minutes longer—at the end of that time turn it into tin moulds, or pans, and let them remain a week or ten days to dry, then turn them out of the moulds. If you wish to have the soap scented, stir into it any essential oil, that has an agreeable smell, just before you turn it into the moulds. This kind of soap is excellent for shaving, and chapped hands—

it is also good for eruptions on the face. It will be fit for use in the course of three or four weeks after it is made, but it is better for being kept ten or twelve months.

SOAP FROM SCRAPS.—Dissolve eighteen pounds of potash in three pailfuls of water; then add to it twenty-five pounds of grease, and boil it over a slow fire for a couple of hours. Turn it into a barrel, and fill it up with water.

COLD SOAP.—Heat twenty-six pounds of strained grease. When melted, mix it with four pailfuls of lye, made of twenty pounds of white potash. Let the whole stand in the sun, stirring it frequently. In the course of a week, fill the barrel with weak lye. This method of making soap is much easier than to make a lye of your ashes, while it is as cheap, if you sell your ashes to the soap-boiler.

HARD SOAP.—Dissolve twenty weight of white potash in three pailfuls of water. Heat twenty pounds of strained grease, then mix it with the dissolved potash, and boil them together till the whole becomes a thick jelly, which is ascertained by taking a little of it out to get cold. Take it from the fire, stir in cold water till it grows thin, then put to each pailful of soap a pint of blown salt—stir it in well. The succeeding day, separate it from the lye, and heat it over a slow fire. Let it boil a quarter of an hour, then take it from the fire. If you wish to have it a yellow color, put in a little palm oil, and turn it out into wooden vessels. When cold, separate it again from the lye, and cut it in bars—let them remain in the sun several days to dry.

WINDSOR AND CASTILE SOAP.—To make the celebrated Windsor soap, nothing more is necessary than to slice the best white soap as thin as possible, and melt it over a slow fire. Take it from the fire when melted, and when it is just lukewarm, add enough of the oil of caraway to scent it. If any other fragrant oil is liked better, it may be substituted. Turn it into moulds, and let it remain in a dry situation for five or six days. To make Castile soap, boil common soft soap in lamp oil three hours and a half.

SHAVING SOAP.—A very nice soap for shaving may be made by mixing a quarter of a pound of Castile soap, one cake of old Windsor soap, a gill of lavender water, the same of Cologne water, and a very little alcohol. Boil all these together, until thoroughly mixed.

COOKING UTENSILS.

The various utensils used for the preparation and keeping of food are made either of metal, glass, pottery ware or wood, each of which is better suited to some particular purposes than the others. Metallic utensils are quite unfit for many uses, and the knowledge of this is necessary to the preservation of health in general, and sometimes to the prevention of immediate dangerous consequences.

The metals commonly used in the construction of these vessels are silver, copper, brass, tin, iron, and lead. Silver is preferable to all others, because it cannot be dissolved by any of the substances used as food. Brimstone unites with silver, and forms a thin brittle crust over it that gives it the appearance of being tarnished, which may be accidentally taken with food; but this is not particularly unwholesome, nor is liable to be taken often, nor in large quantities. The discoloring of silver spoons used with eggs arises from the brimstone contained in eggs. Nitre or saltpetre has also a slight effect upon silver, but nitre and silver seldom remain long enough together in domestic uses to require any particular caution.

Copper and brass are both liable to be dissolved by vinegar, acid fruits, and pearlash. Such solutions are highly poisonous, and great caution should be used to prevent accidents of the kind. Vessels made of these metals are generally tinned—that is, lined with a thin coating of a mixed metal, containing both tin and lead. Neither acids, nor any thing containing pearlash, should ever be suffered to remain above an hour in vessels of this kind, as the tinning is dissolvable by acids, and the coating is seldom perfect over the surface of the copper or brass.

The utensils made of what is called block tin, are constructed of iron plates coated with tin. This is as liable to be dissolved as the tinning of copper or brass vessels, but iron is not an unwholesome substance, if even a portion of it should be dissolved and mixed in the food. Iron is therefore one of the safest metals for the construction of culinary utensils; and the objection to its more extensive use only rests upon its liability to rust, so that it requires more cleaning and soon decays. Some articles of food, such as quinces, orange peel, artichokes, &c., are blackened by remaining in iron vessels, which therefore must not be used for them.

Lead vessels are very unwholesome, and should never be used for milk and cream, if it be ever likely to stand till it become sour. They are unsafe also for the purpose of keeping salted meats.

The best kind of pottery ware is oriental china, because the

glazing is a perfect glass, which cannot be dissolved, and the whole substance is so compact that liquid cannot penetrate it. Many of the English pottery wares are badly glazed, and as the glazing is made principally of lead, it is necessary to avoid putting vinegar and other acids into them. Acids and greasy substances penetrate into unglazed wares, excepting the strong stone ware; or into those of which the glazing is cracked, and hence give a bad flavor to any thing they are used for afterwards. They are quite unfit therefore for keeping pickles or salted meats. Glass vessels are infinitely preferable to any pottery ware but oriental china, and should be used whenever the occasion admits of it.

Wooden vessels are very proper for keeping many articles of food, and should always be preferred to those lined with lead. If any substance has fermented or become putrid in a wooden cask or tub, it is sure to taint the vessel so as to produce a similar effect upon any thing that may be put into it in future. It is useful to char the insides of these wooden vessels before they are used, by burning wooden shavings, so as to coat the insides with a crust of charcoal.

As whatever contaminates food in any way must be sure, from the repetition of its baneful effects, to injure the health, a due precaution with respect to all culinary vessels is necessary for its more certain preservation. There is a kind of hollow iron ware lined with enamel, which is superior to every other utensil for sauces or preserves; indeed, it is preferable for every purpose.

TO CLEAN PLATE.—The best material for cleaning plate that is in constant use, is soap and water, with a soft cloth; if a dark, tarnished spot should appear, a little damp whitening on a small brush will soon remove it. For plate that has long lain by, liquor castors, cruet stands, &c., first wash it with soap and water, and if needful (in consequence of tarnish), smear it all over with whitening and spirits of wine, or common gin, set it to dry, and then brush it off. Decanter stands, and other articles which must not be washed, on account of the varnished satin-wood and green baize, should be subject to the latter treatment only.

The best plate powder is the purest whitening; because it is soft, and not a metallic preparation, as rouge is, and other advertised plate powders; these act upon the silver, and wear it rapidly away.

After the plate has been washed with hot water, rub it over with a mixture of levigated hartshorn and spirits of turpentine,

which is the best preparation I have known for cleansing plate and renewing its polish. Remember, that two good sized leathers are required for cleaning plate, one of which should be kept for rubbing off the hartshorn powder, and the other for polishing up the silver afterwards.

TO PREVENT THE ILL EFFECTS OF CHARCOAL.—Set an uncovered vessel filled with boiling water over the pan containing the charcoal, the vapor of which will counteract the deleterious fumes, and, while it keeps boiling, will make charcoal as safe as any other fuel.

TO KEEP PICKLES AND SWEETMEATS.—Pickles should be kept in unglazed earthen jars; unglazed stone pots answer very well for common fruit. A paper wet in brandy, or proof spirit, and laid on the preserved fruit, tends to keep it from fermenting. Both pickles and sweetmeats should be watched, to see that they do not ferment, particularly when the weather is warm. Whenever they ferment, turn off the vinegar or syrup, scald and turn it back while hot. When pickles grow soft, it is owing to the vinegar being too weak. To strengthen it, heat it scalding hot, turn it back on the pickles, and, when lukewarm, put in a little alum, and a brown paper wet in molasses. If it does not grow sharp in the course of three weeks it is past recovery, and should be thrown away, and fresh vinegar turned on, scalding hot to the pickles.

CAUTIONS RELATIVE TO THE USE OF BRASS AND COPPER COOKING UTENSILS.—Cleanliness has been aptly styled the cardinal virtue of cooks. Food is more healthy, as well as palatable, cooked in a cleanly manner. Many lives have been lost in consequence of carelessness in using brass, copper, and glazed earthen cooking utensils. The two first should be thoroughly cleansed with salt and hot vinegar before cooking in them, and no oily or acid substance after being cooked, should be allowed to cool or remain in any of them.

DURABLE INK FOR MARKING LINEN.—Dissolve a couple of drachms of lunar caustic, and half an ounce of gum arabic, in a gill of rain water. Dip whatever is to be marked in strong pearl-ash water. When perfectly dry, iron it very smooth; the pearl-ash water turns it a dark color, but washing will efface it. After marking the linen, put it near a fire, or in the sun to dry. Red ink, for marking linen, is made by mixing and reducing to a fine powder half an ounce of vermilion, a drachm of the salt of steel, and linseed oil to render it of the consistency of black durable ink.

BLACK BALL.—Melt together, moderately, ten ounces of Bay-

berry tallow, five ounces of bees' wax, one ounce of mutton tallow. When melted, add lamp or ivory black to give it a good black color. Stir the whole well together, and add, when taken from the fire, half a glass of rum.

CEMENT FOR THE MOUTHS OF CORKED BOTTLES.—Melt together a quarter of a pound of sealing wax, the same quantity of rosin, a couple of ounces of bees' wax. When it froths, stir it with a tallow candle. As soon as it melts, dip the mouths of the corked bottles into it. This is an excellent thing to exclude the air from such things as are injured by being exposed to it.

JAPANESE CEMENT OR RICE GLUE.—Mix rice flour with cold water, to a smooth paste, and boil it gently. It answers all the purposes of wheat flour paste, while it is far superior in point of transparency and smoothness. This composition, made with so small a proportion of water as to have it of the consistence of plastic clay, may be used to form models, busts, basso-relievos, and similar articles. When made of it, they are susceptible of a very high polish. Poland starch is a nice cement for pasting layers of paper together, or any fancy articles.

CEMENT FOR ALABASTER.—Take of white bees' wax one pound, of rosin a pound, and three-quarters of alabaster. Melt the wax and rosin, then strew the alabaster over it lightly, (which should be previously reduced to a fine powder.) Stir the whole well together, then knead the mass in water, in order to incorporate the alabaster thoroughly with the rosin and wax. The alabaster, when mended, should be perfectly dry, and heated. The cement, when applied, should also be heated. Join the broken pieces, bind them, and let them remain a week. This composition, when properly managed, forms an extremely strong cement.

CEMENT FOR IRON WARE.—Beat the whites of eggs to a froth, then stir into them enough quicklime to make a consistent paste, then add iron file dust to make a thick paste. The quicklime should be reduced to a fine powder before mixing it with the eggs. Fill the cracks in iron-ware with this cement, and let them remain several weeks before using them.

TO LOOSEN THE STOPPLES OF DECANTERS AND SMELLING BOTTLES THAT ARE WEDGED IN TIGHT.—Dip the end of a feather in oil, and rub it round the stopple, close to the mouth of the bottle; then put the bottle about a couple of feet from the fire, having the mouth toward it. The heat will cause the oil to run down between the stopple and the mouth of the bottle. When warm, strike the bottle gently on both sides, with any light wooden

instrument that you may happen to have. If the stopple cannot be taken out with the hand at the end of this process, repeat it, and you will finally succeed by persevering in it, however firmly it may be wedged in.

LIP SALVE.—Dissolve a small lump of white sugar in a tablespoonful of rosewater; common water will do, but is not as good. Mix it with a couple of large spoonfuls of sweet oil, a piece of spermaceti, of the size of half a butternut. Simmer the whole well together eight or ten minutes, then turn it into a small box.

COLD CREAM.—Take of the oil of almonds two ounces, of spermaceti half an ounce, and white wax half an ounce. Put them in a close vessel, and set the vessel in a skillet of boiling water. When melted, beat the ingredients with rose-water until cold. Keep it in a tight box, or wide-mouthed bottle, corked up close.

TO PREVENT THE FORMATION OF A CRUST ON TEA-KETTLES.—Keep an oyster-shell in your tea-kettle, and it will prevent the formation of a crust on the inside of it, by attracting the stony particles to itself.

TO REMOVE STAINS FROM BROADCLOTH.—Take an ounce of pipe clay that has been ground fine, and mix it with twelve drops of alcohol, and the same quantity of the spirits of turpentine. Whenever you wish to remove any stains from cloth, moisten a little of this mixture with alcohol, and rub it on the spots. Let it remain till dry, then rub it off with a woollen cloth, and the spots will disappear.

TO EXTRACT PAINT FROM COTTON, SILK AND WOOLLEN GOODS.—Saturate the spot with spirits of turpentine, and let it remain several hours, then rub it between the hands. It will crumble away, without injuring either the color or texture of the article.

TO REMOVE BLACK STAINS ON SCARLET WOOLLEN GOODS.—Mix tartaric acid with water to give it a pleasant acid taste, then saturate the black spots with it, taking care not to have it touch the clean part of the garment. Rinse the spots immediately, in fair water. Weak pearl-ash water is good to remove stains that are produced by acids.

FEATHERS.—It is said that tumbled plumes may be restored to elasticity and beauty by dipping them in hot water, then shaking and drying them.

ICY STEPS.—Salt strewed upon the door-steps in winter, will cause the ice to crack, so that it can be easily removed.

FLOWERS.—Flowers may be preserved fresh in tumblers or vases by putting a handful of salt in the water, to increase its coldness. If put under a glass vase, from which the air is entirely excluded, they will keep a long while.

TO CLEAN MARBLE FIRE-PLACES.—If you happen to live in a house which has marble fireplaces, never wash them with suds; this destroys the polish, in time. They should be dusted; the spots taken off with a nice oiled cloth, and then rubbed dry with a soft rag.

TO CLEAN WOOLLEN AND SILK SHAWLS.—Pare and grate raw, mealy potatoes, and put to each pint of the potato pulp a couple of quarts of cold water. Let it stand five hours, then strain the water through a sieve, and rub as much of the potato pulp through as possible—let the strained water stand to settle again—when very clear, turn the water off from the dregs carefully. Put a clean white cotton sheet on a perfectly clean table, lay on the shawl which you wish to clean, and pin it down tight. Dip a sponge, that has never been used, into the potato water, and rub the shawl with it till clean; then rinse the shawl in clear water, with a tea-cup of salt to a pailful of water. Spread it on a clean, level place, where it will dry quick—if hung up to dry, the colors are apt to run, and make the shawl streaked. Fold it up while damp, and let it remain half an hour, then put it in a mangle—if you have not one, wrap it in a clean white cloth, and put it under a weight, and let it remain till dry. If there are any grease spots on the shawl, they should be extracted before the shawl is washed.

DIRECTIONS FOR CARPETS.—Carpets should be taken up and shook thoroughly, if in constant use, as often as three or four times in a year, as the dirt that collects underneath them wears them out very fast. Straw kept under carpets, will make them wear much longer, as the dirt will sift through, and keep it from grinding out. Carpets should be taken up as often as once a year, even if not much used, as there is danger of moths getting into them. If there is any appearance of moths in carpets when they are taken up, sprinkle tobacco or black pepper on the floor before the carpets are put down, and let it remain after they are laid down. When the dust is well shaken out of carpets, if there are any grease spots on them, grate on potter's clay very thick, cover them with brown paper, and set on a warm iron. It will be necessary to repeat this process several

HOUSEHOLD HINTS

times to get out all the grease. If the carpets are so much soiled as to require cleaning all over, after the dirt has been shaken out, spread them on a clean floor, and rub on them, with a new broom, pared and grated raw potatoes. Let the carpets remain till perfectly dry, before walking on them.

TO PRESERVE CHEESE FROM INSECTS.—Cover the cheese, while whole, with a paste made of wheat flour; then wrap a cloth round it, and cover it with the paste. Keep the cheese in a cool dry place. Cheese that has skippers in it, if kept till cold weather, will be freed from them.

TO POT CHEESE.—Cheese that has begun to mould, can be kept from becoming any more so, by being treated in the following manner: Cut off the mouldy part, and if the cheese is dry, grate it—if not, pound it fine in a mortar, together with the crust. To each pound of it, when fine, put a table-spoonful of brandy—mix it in well with the cheese, then press it down tight, in a clean stone pot, and lay a paper wet with brandy on the top of it. Cover the pot up tight, and keep it in a cool dry place. This is also a good way to treat dry pieces of cheese. Potted cheese is best when a year old. It will keep several years, without any danger of its breeding insects.

TO POT BUTTER FOR WINTER USE.—Mix a large spoonful of salt, a table-spoonful of powdered white sugar, and one of saltpetre. Work this quantity into six pounds of fresh-made butter. Put the butter into a stone pot, that is thoroughly cleansed. When you have finished putting down your butter, cover it with a layer of salt, and let it remain covered until cold weather.

TO KEEP VEGETABLES THROUGH THE WINTER.—Succulent vegetables are preserved best in a cool, shady place, that is damp. Turnips, Irish potatoes, and similar vegetables, should be protected from the air and frost by being buried up in sand, and in very severe cold weather covered over with a linen cloth. It is said that the dust of charcoal, sprinkled over potatoes, will keep them from sprouting. I have also heard it said, that Carolina potatoes may be kept a number of months, if treated in the following manner: Take those that are large, and perfectly free from decay—pack them in boxes of dry sand, and set the boxes in a place exposed to the influence of smoke, and inaccessible to frost.

TO PRESERVE HERBS.—All kinds of herbs should be gathered on a dry day, just before, or while in blossom. Tie them in

bundles, and suspend them in a dry, airy place, with the blossoms downwards. When perfectly dry, wrap the medicinal ones in paper and keep them from the air. Pick off the leaves of those which are to be used in cooking, pound and sift them fine, and keep the powder in bottles, corked up tight.

TO PRESERVE VARIOUS KINDS OF FRUIT THROUGH THE WINTER.
—Apples can be kept till June, by taking only those that are hard and sound, wiping them dry, then packing them in tight barrels, with a layer of bran to each layer of apples. Envelope the barrel in a linen cloth, to protect it from frost, and keep it in a cool place, but not so cold as to freeze the apples. It is said that mortar, laid over the top of a barrel of apples, is a good thing to preserve them, as it draws the air from them, which is the principal cause of their decaying. Care should be taken not to have it come in contact with the apples. To preserve oranges and lemons several months, take those that are perfectly fresh, and wrap each one in soft paper; put them in glass jars, or a very light box, with white sand, that has been previously dried in an oven a few hours, after it has been baked in. The sand should be strewed thick over each one of the oranges, as they are laid in the jar, and the whole covered with a thick layer of it. Close the jar up tight, and keep it in a cool dry place, but not so cool as to freeze the fruit. To preserve grapes, gather them on a dry day, when they are not quite dead ripe, and pick those that are not far off from the stems. Lay the bunches of grapes in a glass jar, and sprinkle around each of them a thick layer of bran, so that they will not touch each other. Have a thick layer of bran on the top, and cork and seal the jar very tight, so that the air may be entirely excluded. Whenever they are to be eaten, restore them to their freshness by cutting off a small piece from the end of the stalks, and immerse the stalks of each bunch in sweet wine for a few minutes. The stalks will imbibe the wine, and make the grapes fresh and juicy. Various kinds of fruit, taken when green, such as grapes, gooseberries, currants and plums, can be kept through the winter, by being treated in the following manner: Fill junk bottles with them, and set them in an oven six or seven hours, after having baked in it. Let them remain till they begin to shrink, then take the fruit from one bottle to fill the others quite full. Cork and seal up the bottles. Whenever you wish to make pies of them, put the quantity you wish to use into a tin pan, turn on boiling water sufficient to cover them, and stew them in it till soft, then sweeten and make them into pies. Ripe blackberries and whortleberries, to be kept long, should be dried perfectly in the sun, then tied up in bags that are thick enough to exclude the air. When used for pies, treat them in the same manner as the green fruit. Ripe cur-

fruits, dried on the stalks, then picked off, and put in bags, will keep nice for pies during the winter. They also make a fine tea for persons that have a fever, particularly the hectic fever—it is also an excellent thing to counteract the effects of opium.

A FIRE PROOF AND WATER PROOF CEMENT.—To half a pint of milk put an equal quantity of vinegar, in order to curdle it; then separate the curd from the whey, and mix the whey with the whites of four or five eggs, beating the whole well together. When it is well mixed, add a little quick lime, through a sieve, until it has acquired the consistence of a thick paste. With this cement broken vessels and cracks of all kinds may be mended. It dries quickly, and resists the action of fire and water.

TO TAKE WAX OUT OF CLOTH.—Hold a red hot iron (a poker will do) steadily within an inch or so of the cloth, and in a few minutes the wax will wholly evaporate; then rub the cloth with some whitish brown paper to remove any mark that may remain.

TO RENDER SHOES WATER-PROOF.—Mix a pint of drying oil, two ounces of yellow wax, two ounces of turpentine, and half an ounce of Burgundy pitch, over a slow fire. Lay the mixture, whilst hot, on the boots or shoes with a sponge or soft brush; and, when they are dry, lay it on again and again, until the leather becomes quite saturated, that is to say, will hold no more. Let them then be put away, and not be worn until they are perfectly dry and elastic: they will afterward be found not only impenetrable to wet, but soft and pliable, and of much longer duration.

STOVE POLISH.—For polishing stoves the best thing is the British lustre, as it does not soil the hands on touching. It is sold at the apothecaries, and directions for using are printed on the outside of each package.

TO CLEAN PAPERED WALLS.—The very best method is to rub them with stale bread. Cut the crust off very thick, and wipe straight down from the top, then go to the top again, and so on. The staler the bread the better.

TEETH.—Honey mixed with pure pulverized charcoal is said to be excellent to cleanse the teeth, and make them white. Limestone water with a little Peruvian bark is very good to be occasionally used by those who have defective teeth, or an offensive breath.

CHLORIDE OF LIME. A room may be purified from offensive smells of any kind by a few spoonfuls of chloride of lime dissolved in water. A good sized saucer, or some similar vessel, is large enough for all common purposes. The article is cheap, and is invaluable in the apartment of an invalid.

VARNISHING GILDED FRAMES.—It is said that looking-glass frames may be cleansed with a damp cloth, without injury, provided they are varnished with the pure white alcoholic varnish, used for transferred engravings and other delicate articles of fancy work. This would save the trouble of covering and uncovering picture-frames with the change of the seasons. I never heard how many coats of varnish were necessary, but I should think it would be safe to put on more than one.

EGGS IN WINTER.—The reason hens do not usually lay eggs in the winter is that the gravel is covered up with snow, and therefore they are not furnished with lime to form the shells. If the bones left of meat, poultry, &c., are pounded and mixed with their food, or given to them alone, they will eat them very eagerly, and will lay eggs the same as in summer. Hens fed on oats are much more likely to lay well than those fed on corn.

PEARLS.—In order to preserve the beauty of pearl ornaments, they should be carefully kept from dampness. A piece of paper torn off and rolled up, so as to present a soft, ragged edge, is the best thing to cleanse them with.

TO PRESERVE GREEN CURRANTS.—Currants may be kept fresh for a year or more, if they are gathered when green, separated from the stems, put into dry, clean junk bottles, and corked very carefully, so as to exclude the air. They should be kept in a cool place in the cellar.

CANDLES.—Very hard and durable candles are made in the following manner: Melt together ten ounces of mutton tallow, a quarter of an ounce of camphor, four ounces of beeswax, and two ounces of alum. Candles made of these materials burn with a very clear light.

CREAM.—The quantity of cream on milk may be greatly increased by the following process: Have two pans ready in boiling hot water, and when the new milk is brought in, put it into one of these hot pans and cover it with the other. The quality as well as the thickness of the cream is improved.

TAINTED BUTTER.—Some good cooks say that bad butter may be purified in the following manner: Melt and skim it, then put into it a piece of well-toasted bread; in a few minutes the butter will lose its offensive taste and smell; the bread will absorb it all. Slices of potato fried in rancid lard will in a great measure absorb the unpleasant taste.

TO PREVENT MOTHS.—In the month of April beat your fur garment well with a small cane or elastic stick, then lap them up in linen without pressing the fur too hard, and put between the folds some camphor in small lumps; then put your furs in this state in boxes well closed.

When the furs are wanted for use, beat them well as before, and expose them for twenty-four hours to the air, which will take away the smell of the camphor.

If the fur has long hair, as bear or fox, add to the camphor an equal quantity of black pepper in powder.

PASTE.—To make common paste, mix one tablespoonful of flour with one of cold water, stir it well together, and add two more tablespoonfuls of water; set it over the fire and give it a boil, stirring it all the time, or it will burn at the bottom of the saucepan.

COLOGNE WATER.—One pint of alcohol, sixty drops of lavender, sixty drops of bergamot, sixty drops of essence of lemon, sixty drops of orange-water. To be corked up, and well shaken. It is better for considerable age.

TO MAKE LEMON SYRUP.—The lemon syrup, usually sold at fifty cents a bottle, may be made much cheaper. Those who use a great quantity of it will find it worth their while to make it. Take about a pound of Havana sugar; boil it in water down to a quart; drop in the white of an egg, to clarify it, strain it; add one quarter of an ounce of tartaric acid, or citric acid; if you do not find it sour enough, after it has stood two or three days and shaken freely, add more of the acid. A few drops of the oil of lemon improves it.

TO CLEAN PAINT.—Rub it over with a bit of flannel dipped in sweet oil—then rub it hard with finely powdered rotten stone—then rub it with a soft linen cloth, and polish with a bit of wash leather.

TO EFFACE GREASE SPOTS FROM SILKS.—Turpentine will extract the grease, but will form an edge wherever it is applied. French chalk absorbs the offending matter, but leaves a muddy or dull appearance, that is almost as unsightly as the grease.

The only safe and reliable infallible method of extracting grease spots from silks (of even the most delicate hues), is the following, which should be applied as soon after the discovery of the injury as possible. Hold the part firmly, to prevent the silk from being creased; then, with a clean soft white cloth (an old cambric pocket-handkerchief is the best material), rub the spot very briskly, but not with sufficient violence to fray the silk; change the portions of the handkerchief frequently; the silk may be held to the fire to assist the operation, but this is not needful. In the course of a minute or two the spot will have entirely disappeared.

FOR BURNS.—Apply cotton wool dipped in oil as soon as possible, and keep it on till the fire is entirely out, which will usually take from two days to a week.

FOR A CUT.—Wash off the blood in cold water, and bind it up with a clean cotton bandage; if it inclines to bleed, put on scraped lint, after bringing the edges of the wound together as closely as possible, and bind it rather tight. Or use sticking-plaster.

WHEN A NAIL OR PIN HAS BEEN RUN INTO THE FOOT, instantly bind on a rind of salt pork; if the foot swell bathe it in a strong decoction of wormwood, then bind on another rind of pork, and keep quiet till the wound is well. The lockjaw is often caused by such wounds, if neglected.

FOR A BRUISE OR SPRAIN.—Bathe the part in cold water, till you can get ready a decoction of wormwood. This is one of the best remedies for sprains and bruises. When the wormwood is fresh gathered, pound the leaves and wet them either with water or vinegar, and bind them on the bruise; when the herb is dry, put into cold water, and let it boil a short time, then bathe the bruise and bind on the herb.

Always keep cotton wool, scraped lint, and wormwood on hand.

THE EAR-ACHE is usually caused by a sudden cold. Steam the head over hot herbs, bathe the feet, and put into the ear cotton wool wet with sweet oil and paregoric.

FOR THE TOOTHACHE, if caused by cold, a ginger poultice is the best remedy. Wet a thick flannel cloth in scalding vinegar, sprinkle it thickly over with ground ginger, and bind on the face when going to bed.

THE BEST PREVENTIVE OF COLDS is to wash your children every day thoroughly in cold water, if they are strong enough to bear it; if not, add a little warm water, and rub the skin dry. This keeps the pores open. If they do take cold, give them a warm bath as soon as possible; if that is not convenient, bathe the feet and hands, and wash the body all over in warm water, then give a cup of warm tea, and cover the patient in bed.

TO CLEAN MARBLE.—Pound very finely a quarter of a pound of whitening and a small quantity of stone blue; dissolve in a little water an ounce of soda, and mix the above ingredients carefully together with a quarter of a pound of soft soap. Put the whole into an earthen pipkin, and boil it for a quarter of an hour over a slow fire, carefully stirring it. Then, when quite hot, lay it with a brush upon the marble, and let it remain on half an hour. Wash it off with warm water, flannel, and scrubbing brush, and wipe it dry.

TO MAKE BLACKING.—Three ounces of ivory black; two ounces of treacle; half an ounce of vitriol; half an ounce of sweet oil; quarter of a pint of vinegar, and three-quarters of a pint of water. Mix the oil, treacle and ivory black, gradually to a paste; then add the vitriol, and by degrees, the vinegar and water. It will produce a beautiful polish.

TO PREVENT THE SMOKING OF A LAMP.—Soak the wick in strong vinegar, and dry it well before you use it; it will then burn both sweet and pleasant, and give much satisfaction for the trifling trouble in preparing it.

RECIPE EFFECTUALLY TO DESTROY BEDBUGS.—Take two ounces of quicksilver, and the whites of two eggs, and so on in this ratio for a larger or smaller quantity. Beat the quicksilver and the whites together until they unite and become a froth. With a feather then apply the compound thus formed to the crevices and holes in your bedsteads. This done once or twice in a year will prove effectual.

KISSES.—It is difficult to make kisses well, and in most cases it is advisable to procure them from the confectionaries. To the white of four eggs beaten to a stiff froth, add the juice of a lemon or a few drops of rose water. Roll and sift half a pound of the whitest loaf sugar and beat it up with the white of the

eggs. Spread out several sheets of letter paper, and drop a large table-spoonful of the mixture on the paper. Be cautious that your oven is not too warm nor yet too cold; lay the paper on a tin pan and let the sugar and egg bake until it rises and the top grows hard—then remove it from the paper, and having some gum arabic prepared, dip one side of the oval in the gum and join it to the other.

ALMOND BREAD.—Blanch and pound in a mortar, half a pound of shelled sweet almonds till they are a smooth paste, adding rose-water as you pound them. They should be done the day before they are wanted. Prepare a pound of loaf-sugar finely powdered, a tea-spoonful of mixed spice, mace, nutmeg and cinnamon, and three-quarters of a pound of sifted flour. Take fourteen eggs, and separate the whites from the yolks. Leave out seven of the whites, and beat the other seven to a stiff froth. Beat the yolks till very thick and smooth, and then beat the sugar gradually into them, adding the spice. Next stir in the white of egg, then the flour, and lastly the almonds. You may add twelve drops of essence of lemon.

Put the mixture into a square tin pan, well buttered, or into a copper or tin turban mould, and set it immediately in a brisk oven. Ice it when cool. It is best when eaten fresh.

You may add a few bitter almonds to the sweet ones.

BISCUITS.—A pound and a half of flour made wet with equal quantities of milk and water, moderately warm, made stiff, and rolled out very thin; cut them to any size you please, prick them, and bake them in a moderate oven on a tin. No flour to be put on the tins or biscuits.

RASPBERRY CAKES.—Take any quantity of fruit you please, weigh and boil it, and when mashed, and the liquor is washed, add as much sugar as was equal in weight to the raw fruit. Mix it very well *off* the fire till the whole is dissolved, then lay it on plates, and dry it in the sun. When the top part dries cut it off into small cakes, and turn them on a fresh plate. When dry, put the whole in boxes with layers of paper.

CIDER CAKE.—Cider cake is very good, to be baked in small loaves. One pound and a half of flour, half a pound of sugar, quarter of a pound of butter, half a pint of cider, one tea-spoonful of pearlash; spice to your taste. Bake till it turns easily in the pans. I should think about half an hour.

